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NEWS
WORTH
SHARING.WITH SHOE OUT
OF TOWN ...

IN WHICH, AGAINST
HER BETTER
JUDGMENT, SHANNON
GOES FOR DRINKS WITH
THE DANIMAL **PAGE 17**

E-ciggies a
lifesaver: Docs

Put that in your pipe and vaporize it, critics: For those who can't quit, researchers say electronic smokes are the way to go **PAGE 16**

This girl is on fire

Jennifer Lawrence is in demand as promotion ramps up for The Hunger Games and she's trying to cut the goofy act ... but it's not happening **PAGE 21**

NO BOY
BANDSLIVE
88.5fm

Insp. Joanna Beaven-Desjardins, commander of Toronto police's sex crimes unit addresses media as more than 30 police officers from around the world gather to announce the end of a three-year child-pornography investigation, Project Spade, at police headquarters in Toronto, Thursday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Ottawa men implicated in Canada's largest child-porn bust

Eight locals charged. School teachers, doctors, nurses, pastors and foster parents are all cited in the hundreds of arrests police say Project Spade has made over the years



JOE LOFARO
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Ottawa police said Thursday eight men from Ottawa have been charged in connection with a massive, international child-pornography bust stemming from a Toronto website that sold illegal videos.

The local men collectively face 20 child-pornography charges and were arrested between November 2011 and February 2013 in an oper-

ation authorities called Project Spade, said Sgt. Frank D'Aoust with the Ottawa police Internet child exploitation unit. During their arrests, two handguns and a quantity of controlled substances were also seized.

Toronto police also identified Scott Waldo Fraser, a Brampton man who used to live in Ottawa. Fraser was arrested in July 2012 and was charged with 64 offences, including making, accessing, and possessing child pornog-

raphy, sexual assault and invitation to sexual touching. D'Aoust said Fraser was not a customer of Azovfilms.com, the website at the centre of Project Spade.

The website distributed child pornography across the world, and its creator was arrested in 2011, D'Aoust said. Even after it was shut down, police were able to comb through the servers connected to the website and track down those who accessed it.

The website reached many

around the world and police are calling it the biggest child-pornography ring in Canada.

"It was huge," said D'Aoust. "In terms of the number of arrests and children rescued, it was unprecedented."

Police retrieved 45 terabytes of digital media, which resulted in 348 arrests worldwide, including 50 in Ontario and 58 from other parts of Canada. Police say 386 children were rescued.

Police allege Brian Way, 42, had been running an "ex-

ploitation movie, production and distribution company" called Azov Films since 2005, and had made more than \$4 million from the business.

Police made contact with him in October 2010 when their investigation began. What they uncovered was a staggering collection of images and videos.

"This is equivalent to a stack of paper as tall as 1,500 CN Towers," said Insp. Joanna Beaven-Desjardins, of Toronto police's sex crimes unit.

Investigation

Autopsy confirms Gatineau death a homicide

Gatineau Police say a man found dead inside a home that was up for sale was the victim of a homicide.

Investigators said Thursday autopsy results confirmed Yvon Normand, who was discovered by police at 476 Pierre Lafontaine St. after a 911 call on Monday, had been killed. Police said Normand was not known to police. His death is the fifth homicide reported in Gatineau in 2013. **METRO**

Investigation

Taxi driver charged in sex assault

Police have charged an Ottawa taxi driver with sexually assaulting a female passenger in his cab last week.

A 20-year-old woman complained to police she had been attacked on Nov. 9.

The driver was hired by Blue Line in March 2010, according to Coventry Connection CEO Hanif Patni.

Patni alleged there have been "issues" with the accused since he was hired.

The driver has no previous criminal record.

Patni alleged the driver tried to block the infrared camera inside the cab at the time of the incident.

Police charged Nidal Zeiti, 52. He was scheduled to appear in court Thursday. **JOE LOFARO/METRO**

Ottawa farmer dies after tractor mishap

Ottawa police are investigating a fatal accident involving a farm tractor on Second Line Road South in Ottawa, near the village of Kars.

The incident happened Wednesday night at around 10 p.m., police said in a news release.

"A 39-year-old man was working on the farm when his tractor overturned into a ma-

nure pond. He was extricated and transported to hospital, where he later succumbed to his injuries," the release said.

Paramedics called the tractor a "front end loader" and said "significant extrication was required" to free the man who was trapped in the cab of the farm vehicle. Paramedics said the man was treated for cardiac arrest and transported

to hospital as resuscitation efforts continued.

Police did not release the name of the man who died. The incident happened at 6772 Second Line Rd. S.

The Ministry of Labour was notified and an investigator has been assigned.

The identity of the man is not being released at this time. **SEAN MCKIBBON/METRO**



First responders converge on a rural farm where a man died.
MIKE CARROCCETTO/FOR METRO

'It's like a nightmare'

Philippines. With some churches focusing relief efforts on Tacloban, Aylmer woman trying to get aid to her family's smaller village herself

An Aylmer woman grieving the loss of her uncle who died when Typhoon Haiyan struck the Philippines last Friday is trying to gather donations and money to send back home to her family.

Rose Yeban said her uncle, Yulo Yabut, was killed when a downed hydro wire sent a current through his body in the small town of Aklan, in western Philippines.

Her mother survived the storm, but cut her leg on a piece of glass, which caused an infection, she said. It could be days before a doctor can assess her, Yeban said, because the mud is making driving difficult.

"We cannot eat, we cannot sleep," said Yaban. "It's hard to explain and it's hard to accept."

The UN said Thursday the death toll in the Philippines rose to 4,460. While the number of lives lost in the region where Yaban's family resides is much smaller than that to the



Rose Yeban, 40, of Aylmer looks at a photo of her uncle, Yulo Yabut, who was electrocuted when Typhoon Haiyan struck the Philippines last Friday. **JOE LOFARO/METRO**

east in Tacloban, the devastation is still the same.

As she sat in her living room Thursday afternoon, she looked at devastating photos uploaded to Facebook by her contacts in Aklan. One showed an elementary school, its roof torn off. Another depicted remnants of someone's home.

Then, the picture of her smiling uncle.

"It's hard to describe what

is happening. It's like a nightmare," said Yeban. "Right now they're starving so they need food; they need financial (aid). They need whatever we can donate."

She hopes to gather as many donations as she can to send home to her two younger brothers and others who are affected, whether it's money through Western Union or canned food in the mail.

Yeban intends to do it on her own because she said the churches are focusing their efforts on sending aid to people in Tacloban. For now, she wants to focus on her tight-knit community back home. "The only thing in my mind right now is think positive and find a way to help," she said. "That's the only way I can (think) and we don't lose hope. God is always there."

JOE LOFARO/METRO

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Caught on YouTube video. Officers cleared in violent Clarence Street arrest

Officers involved in a violent Sept. 6 arrest outside a bar did nothing wrong, the Ottawa Police Service's Professional Standards Section concluded.

That the arrest was partially captured on a cellphone video seems to have played a role in the decision.

Two men were charged in the incident. Police said that around 11:55 p.m. on Sept. 6 officers responded to a disturbance outside of a bar in the 100 block of Clarence Street, where

a man had allegedly been using a metal pole to assault security staff. As the officers were responding to the incident a second man reached over the crowd and punched a constable in the left eye and nose, cutting him in the process.

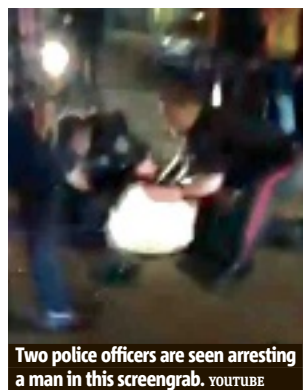
Officers grounded the second man, with one officer punching the man as he was handcuffed.

Chief Charles Bordeleau said police were able to look at other videos that helped determine what happened before the YouTube video was shot.

"We were able to look at that video, but also look at other videos that put more context into the incident," he said, referring to two other videos — one obtained that shows what happened 17 seconds prior to the public video and another from inside the bar.

Bordeleau said the several punches in the video thrown by police were "distracted strikes," tactics police use so they can put on handcuffs.

TREVOR GREENWAY/METRO



Two police officers are seen arresting a man in this screengrab. YOUTUBE

Women and girls' safety the focus of neighbourhood study



Jeanvieve Massicotti, 17, poses in front of a body map she created, which is described as a visual representation of the perception of girls' own safety in their communities. JOE LOFARO/METRO

Feeling Safe in Public Space. Report looks at gendered violence in Ottawa communities



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It was mere coincidence that a study on the safety of women and girls in the city's west end was released Thursday following a rash of reported assaults and sexual assaults against women in Ottawa.

"This predated anything that was recent in the news," said Robynn Collins of the 10-month study.

The community health worker with the Pinecrest Queensway Community Health Centre said the report, Women and Girls' Eyes on the Neighbourhood: Feeling Safe in Public Space, looked at gendered violence in four neighbourhoods: Michele Heights,

Britannia, Foster Farm and Morrison Garden.

"I think this study is very unique because it focuses on crime and safety at the neighbourhood level in Ottawa," said Collins. "It's also unique because we employed six different research methodologies in a short time period to extract a lot of rich data from women and girls in the neighbourhoods."

Jeanvieve Massicotti, 17, who made a "body map" for the project, said she feels unsafe living in the Pinecrest area.

"Usually when I go out at night there are some gangs in my area," she said. "I do get some comments sometimes from people that live in my area so I try to keep to myself to distance myself from others I don't know."

Panelists from groups like the Ottawa Police Service and OC Transpo attended the event, saying they will review the report and figure out ways for their organizations to address any safety issues.

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Alison Myrden demonstrates, with a joint in her hand, during Canada Day in 2012. TREVOR GREENWAY/METRO

New rules could 'devastate' many medical pot users

Health Canada. Lawsuit to challenge changes in regulations that could limit patients' access to their medicine

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When Health Canada changes its Medical Marijuana Access Regulations (MMAR) next spring, Alison Myrden may have to pay more than 15 times more for medical pot — but she isn't worried.

Myrden was one of the first people in Canada to get a medical marijuana licence to treat her multiple sclerosis and tic douloureux. She says she's confident a lawsuit she is helping B.C. lawyer John Conroy file against Ottawa will give her and about 6,000 others reasonable access to their medicine.

"I know we have a constitutional right to choose anything licit or illicit to feel better," said

Myrden.

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed producers at a much higher cost. Myrden uses more than 100 grams of pot a day, and said she pays her designated grower between 50 cents and \$1 per gram. The new rules could force users to pay up to \$12 per gram, she said, which will be calamitous for patients.

"They will completely devastate most of us if they go through, because affordability is the key factor," she said.

Conroy told Metro Thursday he believes the new regulations are unconstitutional, because "they fail to provide for continued personal production," of a medicine. He worries that if the new rules are passed, there won't be enough marijuana to supply the 35,000-plus patients who currently hold licences.

"If you consider that the government authorized the production of 188,000-plus

kilograms of cannabis last year, and there's only two to three licensed producers that are finally in place, is there going to be a continuous supply for all those folks out there who have authorizations to possess?" he said. "Are they going to be able to ensure that these people have adequate medication?"

A news release on Health Canada's website said the current MMAR program is "open to abuse."

"The regulations will provide access to quality-controlled marijuana for medical purposes, produced under secure and sanitary conditions, to those Canadians who need it, while strengthening the safety of Canadian communities," the release said.

Conroy and other lawyers have collected about 3,000 impact statements from cannabis users and are currently choosing a dozen patients to speak in federal court. The next step is to file an injunction to maintain the status quo for patients, so they won't be left without access pending the court case.

Conroy said he hopes to file the case next week.

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But perhaps most attractive for property owners — the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the "mini Galapagos" island in the Machalilla National Park. "Property owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean — and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.



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One of the beautiful houses being built by HolaEcuador

ECUADOR?

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Commuters in Gatineau board a Rapibus. There have been six collisions involving STO vehicles since Oct. 21.
TREVOR GREENWAY/METRO

Motorists at fault for Rapibus crashes, says spokesperson

Gatineau. STO planning media campaign to remind drivers to use caution around transit corridor

TREVOR GREENWAY
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A spokesperson with STO Rapibus says the six collisions involving Gatineau city buses since the overhauled transit system launched less than a month ago is nothing more than "a bad period for us."

Celine Gauthier told Metro all six accidents were not caused by the bus drivers, but by Gatineau motorists not paying attention.

"For all those accidents the STO was not responsible, it was the automobilist who did not respect the rules of the road," said Gauthier. "When the light is red, if you don't respect it, if you take chances, accidents can happen."

The most recent crash Thursday morning didn't take place on the Rapibus corridor, but it involved a Rapibus on Montcalm Street that collided with a garbage truck.

Gatineau police spokesperson Pierre Lanthier said the collision sent the driver of the truck to hospital with minor injuries. The collision also damaged a furniture store called Vice Versa, smashing the front windows of the building.

Lanthier said it appeared

the garbage-truck driver was at fault.

Police also responded to a Rapibus collision on Nov. 12, which sent a 38-year-old man to hospital with non-life-threatening injuries to his neck. He was fined \$100 for failing to stop at a red light.

There were also Rapibus collisions Nov. 7, two on Nov. 5, and one on the system's launch day, Oct. 21.

Lanthier said police also responded to an impaired driver from Cantley who was driving on the Rapibus corridor and slammed into a pole on Oct. 31.

Gauthier said that since the Rapibus is so new on Gatineau streets, drivers should be "prudent" when driving, especially around the Rapibus corridor.

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Capcity rapper tackles bullying at his old school

Campaign. He's also hitting 3 others as part of local radio jock's No More Bullies Tour

DENIS ARMSTRONG
ottawa@metronews.ca

Rapper Peter "The Joynt" Joynt will talk and rap about the effect that bullying about his stutter had on him when he visits four Ottawa schools for Bullying Awareness Week Nov. 17-22.

The local hip-hop artist, who scored a national hit in 2011 with a song about his hometown called Capcity, goes with Majic 100 host Stuntman Stu's No More Bullies Tour to South Hull Elementary on Monday, Ashbury College on Tuesday,

Mutchmor Public School in Ottawa South on Wednesday, and to his old school and scene of his miseries, Elmdale Public School, in Wellington West on Thursday.

He says the kids love it because he delivers a positive message in a fast-paced, hard-rapping musical and video package they can relate to, but it's just as important to see him stutter because that's when they confront their own bullying tendencies.

"Every kid knows what it feels like to be scared. When they hear me speak, they get it instantly. Speaking publicly is one of the scariest experiences most people can think of, and it's worse when you stutter. Seeing me tough it out gives the kids a strong emotional hook into the presentation about not letting disabilities or differ-

ences make you a victim.

"Kids identify me as different, someone who was bullied. They can relate to me. I bring awareness that you can transition from being victimized to being successful."

It's been a remarkable turnaround for a stuttering kid who took control of his life and recorded a hit song in 2011. Since then, he's become a popular rapper and public speaker, he counsels kids who stutter, he got married recently, and even won a new Toyota Camry last year while rolling up the rim at Tim Hortons.

"I won it because it's good karma for the positive messages I deliver," he laughs. "Of all the things I've done in my life, speaking at schools about bullying is the most rewarding because I get to see kids come out of their shell and get hope."



Peter Joynt, whose song Capcity was a national hit in 2011, will speak at four Ottawa schools about his experiences with bullying. CONTRIBUTED/REMI THERIAULT

Local startup

Gift cards for the independently minded

In time for the gift-giving season, Smakk, a new, local online gift-card company marketing gift coupons for independent Ottawa businesses, is throwing a party called SMAKK-a-FAIR at Art Is In Bakery (250 City Centre Dr.) in Westboro, with nine vendors giving free samples and music by the band Saturnfly.

The brainchild of Ottawa's Bettina Vollmerhausen, the company, which launched in October, has more than 80 indie businesses on their website smakk.ca.

DENIS ARMSTRONG/FOR METRO



An example of Smakk gift-card envelopes. CONTRIBUTED

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Acadie

'Truly disturbing'

Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario.

THE CANADIAN PRESS

Another day, another apology from Rob Ford

Warning: graphic content. Toronto mayor starts the day using foul language, then says sorry with his wife by his side

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived

at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but



Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a news conference on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone said that about your husband

or your wife," he shouted during a council session.

Just hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks blamed on months of

mostly self-inflicted stress, culminating in the latest revelations he said pushed him over the line. "When you attack my integrity as a father and as a husband, I see red," he said.

THE CANADIAN PRESS

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Gardens sex abuser now facing 107 new charges

Gordon Stuckless.

Convicted in '97 of sex assaults on 24 boys, he now faces new charges on allegations going back decades

A man at the centre of the Maple Leaf Gardens sex-abuse scandal now faces more than 100 charges in relation to alleged offences that took place in the Toronto area decades ago.

York Regional Police say they've laid nine new charges against Gordon Stuckless, bringing the total counts faced by the 64-year-old to 107.

All charges relating to separate investigations by Toronto police and York Regional Police have been merged together.

Investigators say Stuckless surrendered to police on Wednesday and was charged with



Gordon Stuckless leaves 52 Division after being arrested again on sex charges. STEVE RUSSELL/TORSTAR NEWS SERVICE

nine counts relating to an alleged victim who came forward last month and reported historic sexual assaults.

The new charges are four counts each of indecent as-

sault on a male and sexual assault, and one count of gross indecency.

Stuckless is known to have made contact with boys through schools and

minor sports in Toronto, Thornhill, Oak Ridges and Haliburton County. Investigators say there is no statute of limitations for sexual offences. **THE CANADIAN PRESS**

Laval. 10 young teens arrested on child-porn charges; seven victims

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

A Laval police spokeswoman said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smartphones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. **THE CANADIAN PRESS**

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Mob boss James "Whitey" Bulger stands in a U.S. Federal court. THE ASSOCIATED PRESS

Boston. Notorious crime boss sentenced to life

Former Boston crime boss James "Whitey" Bulger was sentenced Thursday to life in prison for his murderous reign in the 1970s and '80s.

Bulger, the inspiration for Jack Nicholson's sinister character in the 2006 movie *The Departed*, was convicted in August in a broad racketeering indictment that included

murder, extortion, money-laundering and weapons charges.

Corrupt Boston FBI agents protected Bulger for years while he worked simultaneously as a crime boss and an FBI informant who rattled out the rival New England Mafia and other crime groups.

THE ASSOCIATED PRESS

Karlheinz Schreiber convicted of tax evasion

Guilty. Former arms-industry lobbyist was linked in corruption scandals with Brian Mulroney and former German chancellor Helmut Kohl

Lengthy affair

A Canadian-German dual-national, Schreiber was arrested in Canada and extradited to Germany in 1999.

- He was convicted in 2010, but appealed and won a retrial.

Karlheinz Schreiber has been convicted of tax evasion and sentenced to six and a half years in a German prison.

The DPA news agency reported Thursday that Schreiber was found guilty in Augsburg state court.

Prosecutors say he didn't declare money he received as kickbacks for the sale of helicopters to Canada's coast guard, tanks to Saudi Arabia and other arms deals.

Schreiber is a controversial

figure in Canada, where he made secret cash payments of at least \$225,000 to former prime minister Brian Mulroney.

Allegations the 79-year-old also gave a cash donation to the former treasurer of German chancellor Helmut Kohl's party triggered a scandal that deepened with Kohl's 1999 admission he accepted off-the-book donations himself.

THE ASSOCIATED PRESS



Karlheinz Schreiber waits for the start of his trial Thursday. DPA/THE ASSOCIATED PRESS

Online surveillance

Google rejecting government requests for data

The latest snapshot of the intensifying focus on Google as a government surveillance tool emerged Thursday in a report that the company has released every six months for the past three years.

The breakdown shows

Google Inc. received 25,879 legal requests for people's data from governments during the first half of this year. That represented a 21 per cent increase from the last half of last year.

U.S. authorities accounted for 10,918 of the requests, more than anywhere else.

The report says Google is rejecting a higher percentage of the requests.

THE ASSOCIATED PRESS

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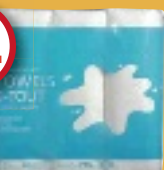
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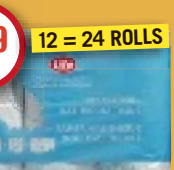
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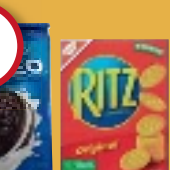
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SHINE THE LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

Each week in Canada, at least one woman is killed by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine The Light, a campaign to end woman abuse. Started in London, Ont., four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe.



MIKE DONACHIE
Metro in London, Ont.



Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a \$700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get parolled," she said.

She calls Shine The Light "a very significant initiative" in that it shows society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."



Jocelyn Bishop, London, Ont.

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London, Ont., home.

The killer was her common-law partner, Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate."

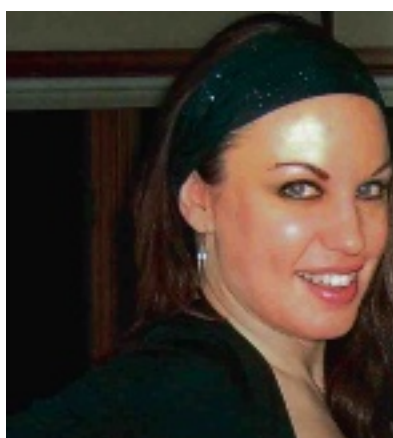
"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."



Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building-services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile."

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

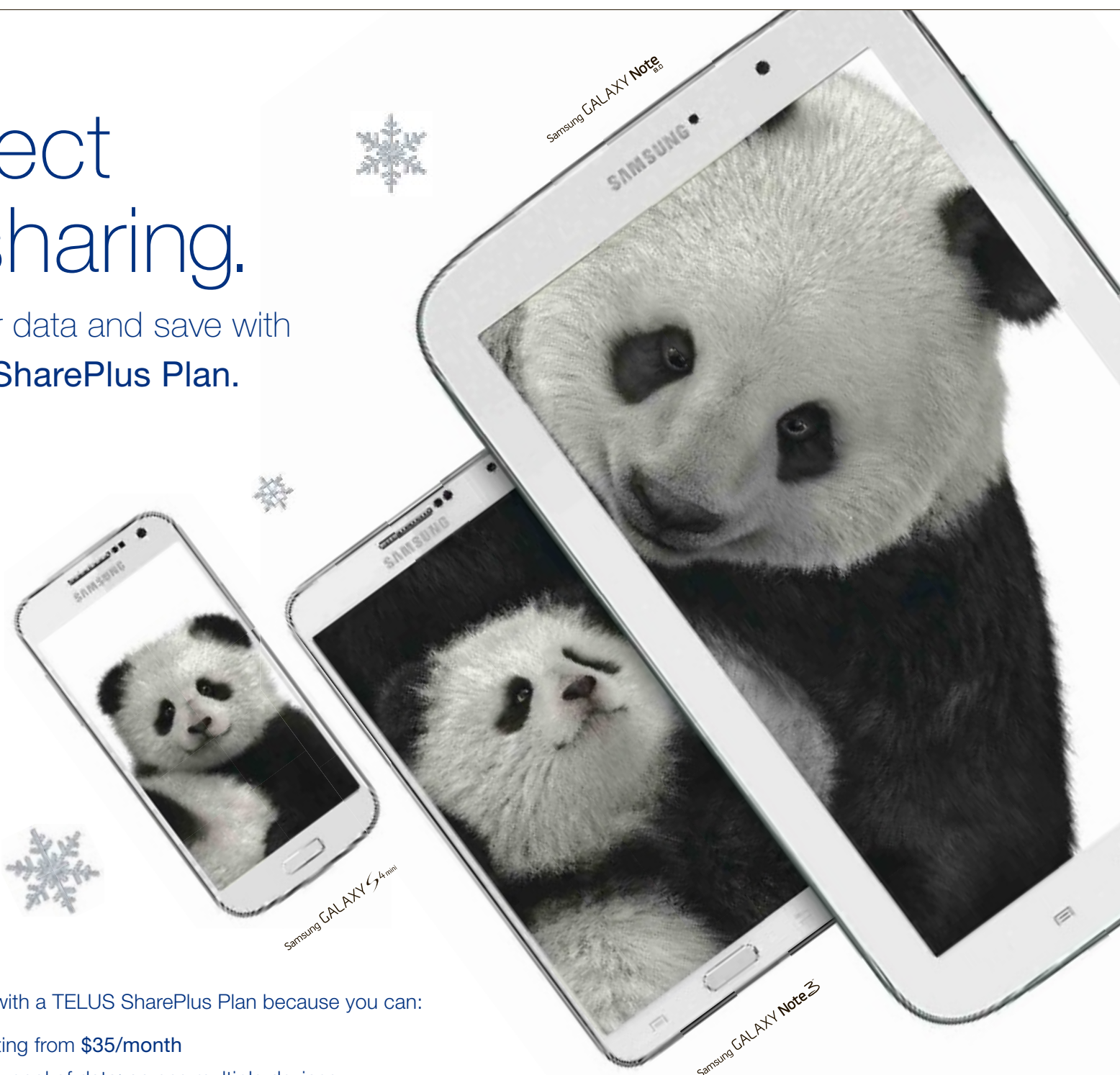
"It's not fully recognized, how dangerous it is in our country and in our world," she said.

To get help

- **Women in trouble need to know where to turn.** Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource
- **Although Ontario-based,** the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area
- **It can be reached at 416-863-0511.** Resources are also available at awhl.org

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Telecom spectrum. Ottawa tells companies to use it or lose it

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians.

"Those that have not used the spectrum will lose it," Moore said in a statement.

Moore said the licences

Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow."

Iain Grant, telecom analyst

issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

THE CANADIAN PRESS

Bosnia

High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails. "It's as if you bought nine Ferraris and ... no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS



A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFERIS PITAKAKIS/THE ASSOCIATED PRESS FILE

Doctors recommend e-cigarettes: Summit

Critiques up in smoke. Only 'theoretical' health risks identified; devices set to overtake tobacco

KIERON MONKS

Metro World News

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around seven million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes,"

said leading researcher Dr. Konstantinos Farsalinos of the University Hospital Gasthuisberg, Belgium. The risks were less than one 1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent.... In my research, up to 80 per cent of participants using e-cigarettes have quit." Medical journal The Lancet also found that e-cigarettes were more effective than Nicorette gum and patches.

The World Health Organization estimates one billion people will die prematurely from cigarette use in the next century, and previous opponents of e-cigarettes are becoming more supportive. "It's always better to quit nicotine use completely," said Deborah Arnott, chief executive of Action on Smoking and Health, a U.K. charity. "But it's the smoke that kills you — not the nicotine — so for smokers

Regulation

Debate rages over regulation, but e-cigarette advocates won a major battle as the European Parliament has abandoned plans to impose medical regulation that would restrict sales to pharmacies.

- "Regulation puts the businesses under threat, which could mean users are forced to smoke regular cigarettes again," says Nigel Hislop of advocacy group Saveecigs.com.
- Arnott expects regulation to cover advertising to ensure the devices do not become a "gateway to smoking" for children.

ers who are heavily addicted switching to safer sources of nicotine could literally be a lifesaver."

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 10

metronews.ca/temp

Arrested development

With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. **THE ASSOCIATED PRESS**



Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says.

THE ASSOCIATED PRESS

Temp Enjoys Cocktails With The Danimal

It was after 5:00 and I was getting ready to call a cab when a flower delivery arrived — a jumbo tropical parade float that put my mind immediately to rum drinks. The Danimal passed through as I was opening the envelope. "Who's that for?" he asked.

I opened it and we both read it at once: "To most beautiful temp for glorious mcfunbury dinner. return from china very soon." I wasn't sure how to play this.

"Shannon, is there something I should know?"

"Huh?" God, not the mating panda thing again. "No!"

"That's not what I meant."

"What did you mean?"

"I saw you and Xu Junior yacking it up in the parking lot. Don't think I believe the fortune cookie English thing for a minute."

"Oh."

"Yes, oh."

I tried casually to put on my jacket. Danimal said, "Come for drinks with me. It's not a pick-up. Yes, my wife's in Florida getting her lips done, but you know that. I just don't want to go home yet, not after today."

"Where's Andy Kimura?"

"We hate each other. I don't care where he is. It's one of the reasons we're selling."

A motherlode of potential office gossip was too big to ignore. "OK, but I don't go with married guys. Period."

"It's not about that. Let's go to

that bar beside McFunbury's.

"The Executive Privilege Short-Term Corporate Lodging Good Time Experience?"

"That's the place. 'The Priv.' We have a deal with them."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch. He got philosophical about cars, the way guys do. "Kevin's Shelby depressed the crap out of me. I looked at it and all I thought of was how it's too late to fix whatever bit of the economy is left after having shipped it all off to China. Think of Michigan: ten million primates needing 2,500 calories a day sitting on a cold rock in the middle of the North American continent, with nothing to do all day. A recipe for disaster. Bartender!"

More drinks. More philosophy. "Shannon, Detroit is our existential boogieman. Detroit forces us to ponder the meaning of being alive: we wake up, we do

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch.

something, we go to sleep, we repeat it about 22,000 more times, and then we die."

I looked across the bar: Sarah and Kyle were coming in and they'd obviously just been ... frisky with each other.

Danimal was being maudlin: "I don't care if you're spying on TWK for the Chinese. I just want the old system back."

Dan and Sarah locked eyes. So did Kyle and I.

"Sarah?" said Danimal ... "This place is our place. You brought someone else here?"

"What about you, Romeo?" Kyle looked at me... "Shannon?"



Random biz fact of the day

80%

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SOURCE: NEXCAREER

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Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM



"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?" Caramba, what a mess.

TO BE CONTINUED...



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FORD OVERSHADOWS, WELL, EVERYTHING

1 Had enough of me yet? The slow moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug/alcohol/escorts/assaults/murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and The Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: It's time to either step aside ... or fall over.

2 And then there's this typhoon. Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more



THE METRO LIST
Paul Sullivan
metronews.ca

than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

3 Meanwhile, back at the palace. Happy Birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the role you're born for. Too bad Shakespeare's not around

anymore — he'd have a field day with this one.

4 He may not know art... but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid \$105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record \$142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

5 Freedom Towers over Manhattan. New York is once again officially the home of North America's tallest building, the 1776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

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ZOOM

Chilly conditions for activists



MICHAEL SOHN/THE ASSOCIATED PRESS

Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist.

The 30 people were

arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzyski of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R. in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"...It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas..." @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Among some of the better games released to the App Store last month are an addictive noir mystery, classic pinball based on a classic franchise and an absolute gem of an RPG parody.



CONTRIBUTED

Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/\$3.99)

Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables.

Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/\$1.99)

Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess ... of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/\$2.99)

Twitter

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit_: 30 burpees!

@aaronenetic: pull ups on the handle bars

@Cazzy: Will twerk for duration of

ride

@keepitbrutal: Piggy backing a stranger through the turnstile.

@thesmiliest: Can't we just smile at them? Squats make my legs hurt.

@CALanuzza: Pick up the leftover Newspaper and some lil garbage... #yyc

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of *Naked Lunch*, *The Fly* or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look in to the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

An ode to Cronenberg

Look back. Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

Richard: I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is *Spider*, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue

free performance but it is Miranda Richardson as several characters — all the women in *Spider*'s life — who really steals the show. It's a spooky and cerebral thriller.

Mark: *Spider* was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When *Videodrome* came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with *Existenz*. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is *Dead Ringers* — a creepy Hitchcockian thriller that has

Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

RC: I also have a soft spot for *The Brood*. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Maltin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggar as a fetus-licking mother and murderous psychoplastic offspring, it is the very stuff that nightmares are made of. It's lesser seen than *The Fly* or *Dead Zone* and way more down-and-dirty, but for sheer scares it's hard to beat.

MB: I like the brood but I prefer the *Dead Zone* even

though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into *Naked Lunch*. A book I should have loved but could never get through — until I saw the film.

RC: He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

MB: He did the same thing with *Cosmopolis*, although I must say I didn't need to see *Rabid* to appreciate Marilyn Chambers.

2 SCENE



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Drama



Blue is the Warmest Color

Director. Abdellatif Kechiche

Stars. Léa Seydoux, Adèle Exarchopoulos

.....

This Palme d'Or winning French film may be one of the most frank depictions of sexual awakening to ever hit mainstream screens. It certainly is one of the longest. In three hours it establishes the attraction between Adèle (Adèle Exarchopoulos), a high school student, and artist Emma (Léa Seydoux). It is love at first sight, and fiery, but will passion be enough to sustain it? Despite its length and raw performances from its leads, the film is more content to voyeuristically detail the action than delve into the story. **RICHARD CROUSE**

Delivery Man. Actor takes on role of stay-at-home dad in latest film and feels for the moms



NED EHRBAR

Metro World News in Hollywood

Chris Pratt has become something of an incredible growing-and-shrinking machine lately, getting super-buff for Zero Dark Thirty and then getting impressively out-of-shape and flabby for his latest, *Delivery Man*, in which he co-stars as Vince Vaughn's pessimistic friend and hapless attorney. And after that, he got into superhero shape for next year's Marvel spectacle *Guardians of the Galaxy*. It all sounds very painful, but Pratt is OK with you laughing at his pain.

In my opinion, you had all the best lines in the movie.

Oh, thanks. That's nice. It's kind of written that way. The character's really funny. Vince's character comes from



Chris Pratt, left, and Vince Vaughn star in *Delivery Man*, which opens next Friday. CONTRIBUTED

such a hopeful place, but I think maybe the best comedy comes from a place of hopelessness, and that's where my character is at. He's just a despondent, sad, miserable type of guy, and that's where you mine the best comedy. I think to me, that's the ultimate accomplishment in acting, to be in a place of such utter pain

but people find it hilarious. But hopefully not all of my pain is funny. Like the only pain that's funny is the pain that doesn't really hurt. If a brick falls on someone's head and then their brains fall out and they die, you're not going to laugh.

Unless you're a sociopath. Right, unless you're sick. Un-

less you threw the brick and you're insane (laughs). But if a brick falls and hits someone in the head, and they just keep walking and pretend like it didn't happen, that is hilarious. It's irony, you know? Because it's what you don't expect. It's pain minus trauma, and I think that you get the sense that this character is going to

be all right, and that's why you're willing to laugh at his pain.

It looked like all four of his kids were around the same age.

Yeah, we were busy. There was a whole back-story I had to come up with, where maybe (he and his wife) met in law school or something, she got a really great job that brought us out and we bought an apartment in Brooklyn, had one kid, she said, "If you stay home with this kid, I can continue to work and become partner." I was like, "Great, do it. I'm a progressive man, I can handle being a stay-at-home dad." And then next thing you know, four years later we have four kids, the passion's gone, I've gained weight and she's sleeping with one of her partners and she's the major breadwinner. It's the classic story, but the genders are reversed. It's like what so many men since the '50s have been doing to these poor mothers.



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Film's family theme rings true for Cobie Smulders

Touched by tale.

Actress says *Delivery Man*'s story of a man with 533 children has universal appeal

RICHARD CROUSE
scene@metronews.ca

In a recent tweet-a-thon to promote *Delivery Man*, Cobie Smulders teased that people should go see the film because Chris Pratt gets naked.

"He doesn't get naked," she says a week later, admitting to the fib.

"That was very overwhelming. I had never done that before. There were 9,000 tweets and I didn't know what to do."

The Canadian-born *How I Met Your Mother* actress stars opposite Vince Vaughn in a remake of *Starbuck*, a popular French-Canadian film about a man who finds personal redemption when he learns he is the father of 533 children.

"I went into watching *Starbuck* and then reading this script, like, '533 kids ... from a



Cobie Smulders stars in *Delivery Man*. THE CANADIAN PRESS

sperm donor! What's this going to be?"

"It's still super funny, but I found myself affected by the way he connected with the children. Going out and doing a good deed and having it affect somebody in a positive way. I've always believed when you do good, you get good in return."

The sweet, uplifting message of *Delivery Man* struck a chord with Smulders, who says she "related to it on a parental level. I'm a mom myself and I think it touched upon so many

Starbuck strikes a chord

The story of a sperm donor with 533 children resonates with audiences. The original film was 2011's most successful homegrown film in Quebec. Smulders thinks the appeal has to do with its universality. "It's a blown up version of something that happens in real life," she says.

themes of family."

A new poised, mature JLaw? Don't bet your Grubby Paws

Celeb deportment.

The Hunger Games star really meant to be less goofy this time around, but as she tells Metro, it's not working out



NED EHRLBAR
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I love the haircut.

Thank you. I know, I'm like a cat back from the groomers where I'm so insecure. I need as much positive reinforcement as I can get.

As soon as something went up about your haircut, someone online chimed in with, "It must be a wig."

Yeah, I know. That's just how it works. The most important thing is to not read it, Jennifer! I'm really good at it. The only time that it does happen is when I'm with friends. I have two friends that are avid Googlers. They basically do what I would do if I didn't have the self-esteem. They're like, "What is everybody saying about Jennifer?" It's sweet; they care.

When my Dior photos came out, I hadn't seen them so they looked them up on whatever website with all these comments, and I saw the comments and I was like, "I can't stop myself!" I started scrolling and it was like, "She's so conceited!" "She's a pig and I hope she dies!"

Never read the comments.

Exactly. I was like, "I'm sorry if I look conceited — I understand — in Dior couture clothes. But I didn't get to keep them. Why would you want me to die?" But that's just how the world works. I'm not going to get worked up about it.

Pixie'do



"I know, I'm like a cat back from the groomers where I'm so insecure."

Jennifer Lawrence on her new haircut



Jennifer Lawrence reprises her role as Katniss Everdeen in *The Hunger Games: Catching Fire*. CONTRIBUTED

Can I tell you the most ridiculous thing I've read about you?
Yes!

There was this inside Hollywood post on Reddit where someone wrote, "Jennifer Lawrence employs a professional joke-writer."

Employs a professional joke-writer? Oh my God, that is my biggest fear with this new (*Hunger Games* movie), because we're doing (press junkets) again.

Last night I was laying in bed going, "Everybody's obviously going to get sick of it, the goofy, crazy (stuff). It was maybe funny for one season, but if it just continues everybody's going to be like, 'OK, calm down.'"

So I, like, tried to make a conscious effort to be poised and mature this time around. I was like, "I have to change

myself."

How's that working out?

It's not. But I just have this thought that everybody's going to think it was perfectly planned. That actually goes into my nightmares. If I had read that, I would've been like, "Oh my God, how do I prove that it's not true?"

But it will exhaust me. I'm so anxious and high-strung, and I'm such a worrier anyway that I've gotten good about making a wall of the things that I can't (deal with). I'm like, "I can't even begin to worry about you right now. I'm already worried about cancer."

I worry about cancer.

Yeah, everybody does. And then worrying gives you cancer. Everything does.

You've been very outspoken

about body image issues and negativity.

We need to go easy on each other. And the media is so responsible for it. The worst part is that they pretend they aren't responsible for it. They're like, "It's the real world." Everybody puts that defence up of, "Oh, this is just the way the world works." But what if we said that in the '40s and '50s when black people had to use different bathrooms? "Sorry, welcome to the real world." Until you stand up for something and change it, the world isn't going to change.

Have you ever come up with weird nicknames for parts of your body?
No, I haven't. Should I?

For instance, I've been referred to — affectionately — as Sausage Fingers.

Oh my God! I'm Grubby Paws because I have sausage fingers too! Cool (high-fives)! Can you get liposuction in your fingers? I need to find a surgeon who will do that. My feet are very individual. My giant shoulders, at least they'll protect me.

What's the most inappropriate thing you've done with your Oscar?

I put it in a closet by my bathroom — but only because it made me feel weird to look at it because I was like, "What am I supposed to feel? Am I feeling what I'm supposed to?" It made me over-think in my own house.

And then I didn't want anybody who's coming over (to see it). The last thing I want you ... to be is intimidated. So it's with my parents now. My mom can intimidate people.

Tech

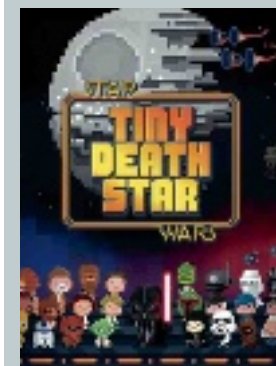
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Meet the new kids

New face: Finnick Odair (played by Sam Claflin)

Who he is: An attractive and agile former contestant not above using his looks to get what he wants.

Downside of popularity: "As much as there was a fair bit of negativity when I was cast initially, I think now a few people have been turned, and my goal is to obviously turn the world. That's what Finnick's goal is, as well, so I guess that I



have that in common with him," says Claflin. "Approaching a character that is described as some kind of god was kind of tough, to say the very least. I had to go through some huge physical transformations, (including) a shaved chest."



New face: Johanna Mason (played by Jenna Malone)

Who she is: An ax-wielding loose-cannon of a Hunger Games victor with a flair for the dramatic.

What makes her special: "What I thought was so amazing about Johanna Ma-

son is that she doesn't sugar-coat and she is hard core and truthful and violent and angry, and all of those things are not just cool aspects of her," says Malone.

"I don't really think there's anything that's (just for the sake of being) a badass thing. I think it's actually a survival technique, and I think that's a really interesting thing to talk about for young women; to understand that they can take on tools and personality traits that may not be their own, but they can use them in forms of survival to be able to sort of elevate themselves in the world."

Talk about a revolution

Donald Sutherland and Jeffrey Wright discuss the movie's politics:

The Hunger Games is entertainment, sure, but there are some interesting political messages buried in there for young audiences. And for Donald Sutherland, who co-stars as the villainous President Snow, that was the real appeal. "It was essential for me personally that I somehow found my way to become a part of this because it more clearly represents the dangers of an oligarchy of the privileged than anything I've seen for a long, long time," he says.

Jeffrey Wright, who joins the series in *Catching Fire*, thinks the political power of *The Hunger Games* goes beyond warnings about the one per

cent run amok. "I think what's fascinating about the movie is that it's kind of this universal spectrum that allows anyone to insert themselves into the world and really express their own perspective and their own politics within it," he says.

"The politics for the young people in the movie are very simple. They're politics around hope, family, security, love and all of these very simple, universal themes that we all relate to."

THE CATCHING FIRE GUIDE

The Hunger Games sequel finds hero Katniss Everdeen back in the arena, competing with ex-winners. Here's what else you need to know.

NED EHRBAR
Metro World News



Why we need Katniss

Elizabeth Banks on the lack of strong female heroes:

What makes *The Hunger Games* great, to hear Elizabeth Banks explain it, is that Katniss Everdeen is a "badass female protagonist." And the actress who plays her isn't too shabby, either. "Jennifer is an amazing actress who gets amazing roles, and I wish that she gets them always and forever for the rest of her life," says Banks, who co-stars as fancy-pants minder Effie Trinket in the

film series. "I've been doing it a little longer, and I know there are a lot of girlfriend roles out there and a lot of wives and a lot of supporting roles that are less interesting than Katniss."

"I hope that she gets to play Katniss-level roles for ever and ever. They're rare, and I think with this movie, (and) *Gravity* — I'm so excited to be seeing such amazing, strong female role models in the movies for the 50 per cent of the moviegoers who are ladies."



The new director

Catching Fire finds a new man behind the camera, with Francis Lawrence taking over for Gary Ross.

"One of the things that I wanted to make sure of was that there was still an esthetic unity to all of the movies," he says. "I thought Gary did an amazing job with the world-

building in *The Hunger Games*, so we worked with the same production designer to make sure that the Capitol was still built from the same architecture, that District 12 still had the same almost 1930s Appalachia feel."

"He was able to expand the world while still staying very true to a character-based, emotionally honest approach," says producer Nina Jacobson, who has Lawrence directing the next two films.

Dystopia: So hot right now

Books, movies and TV shows angling to be the next Hunger Games:

Can't get enough of the dark, foreboding future of *The Hunger Games*? Well, plenty of authors and filmmakers are hoping so, as there are a number of other properties out there tapping into our current obsession with a bleak future.

Divergent: Both a book series and a forthcoming (presumed) film franchise, this one also has a plucky female protagonist, Tris, in a future world divided up into sections — this time by moral code. You can read the books or wait for the first film, starring Shailene Woodley and Theo James, in March.

Revolution: NBC's series about survivors of a world

suddenly gone electricity-free is well into its second season, and even features a young girl who's handy with a crossbow.

The Maze Runner: Think of it as *The Hunger Games* but without the girl. The boys in the mysterious "glade" contend with monsters and mazes in search of freedom. Again, if reading isn't your thing, there's a movie adaptation out next year.

Proxy: Alex London's novel also takes place in a nightmare future U.S. of sorts, this time with the Haves employing the debt-laden Have-Nots to suffer their punishments for them as "proxies." And on top of all that, its main proxy protagonist, Syd, is gay. There's a second book due next spring.



The NBC series *Revolution* is now in its second season. CONTRIBUTED

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV.15 TO THURS., NOV. 21 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema 325 Rideau St.

Blue Is the Warmest Color (R) Fri 8:45
Sat 12:15-6 Sun 2:45 Mon-Tue 8:20 Wed
6:01 Thu 8:10
The Human Scale (PG) Tue 6:30 Wed 9:30
Thu 4:15
In a World... (14A) Sat 3:50 Sun 9:15
Oil Sands Karaoke (14A) Fri 4:45
Our Man in Tehran (PG) Fri 6:45 Sat 9:30
Sun 6:20 Mon-Tue 6:25
Parkland (PG) Thu 6:05
The Venice Syndrome (STC) Sun 12:45
Mon 4:30
Wadjda (PG) Tue 4:20 Wed 3:45

Canadian Film Institute 2 Daly Ave., Suite 120

Blind Spot (STC) Sun 4
Dinner With My Sisters (STC) Tue 7
European Union Film Festival (STC) Fri 9
The Exam (STC) Sat 7
Grand Central (STC) Mon 7
Living Images (STC) Thu 8:30
Miracle (14A) Sat 9
Night Boats (STC) Sun 7
A Night Too Young (STC) Thu 7
SuperClásico (STC) Fri 7
Weddings and Other Disasters (STC)
Wed 7

Canadian Museum of nature 240 McLeod St.

Dinosaur Passage to Pangaea 3D (STC)
Sat-Sun 10:30-1:10 Sat-Sun 11:15-1:50
Flying Monsters 3D (G) Sat-Sun 12-2:30-
3:40 Sat-Sun 12:35-3:05
No Films Showing Today (STC) Fri
Mon-Thu

Coliseum Ottawa 3090 Carling Ave.

Captain Phillips (14A) Fri-Sun 12:40-3:40-

6:50-9:50 Mon-Tue 4:40-7:35-10:30 Wed
4:40-10:30 Thu 1:10-4:40-7:35-10:30
Cloudy With a Chance of Meatballs 2 (G)
Fri-Sun 1:25
Cloudy With a Chance of Meatballs 2 3D
(G) Fri-Sun 4:10-6:55 Mon-Thu 5-7:20
Ender's Game (PG) Fri-Sun 2-4:45-7:30-
10:15 Mon 4:45 Tue-Wed 4:45-7:30-10:15
Thu 1:25-4:45-7:30-10:15
Escape Plan (14A) Fri-Wed 9:40 Thu 1:15
Free Birds (G) Fri-Sun 1:20 Star & Stroll-
ers Screening Thu 1
Free Birds 3D (G) Fri-Sun 3:30-5:45-7:50-
10 Mon 7:50-10 Tue 5:45-7:50-10 Wed
4:45-7:50 Thu 5:30
Gravity 3D (PG) Fri-Sun 12:50-3:20-5:40-
8:10-10:25 Mon-Wed 5:40-8:10-10:25 Thu
1:25-4:40-10:25
The Hunger Games: Catching Fire (PG)
Thu 9-9:45 Thu 8
Jackass Presents: Bad Grandpa (14A)
Fri-Sun 1:10-3:30-6-8:20-10:40 Mon-Wed
6-8:20-10:40 Thu 1:30-6-8:20-10:40
Krrish 3 (PG) Fri-Sun 12:25-3:40-7-10:20
Mon-Wed 5:50-9:20 Thu 1:10-5:50-9:20
Last Vegas (PG) Fri 1:30-4:20-7:40-10:30
Sat 4:20-7:40-10:30 Sun 1:30-4:20-7:40-
10:30 Mon-Thu 5:35-8:10-10:45
The Metropolitan Opera: Eugene Onegin
- Encore (STC) Sat 12 Mon 6:30
Ram-Leela (STC) Fri-Sun 12:30-3:50-
7:10-10:25 Mon-Wed 6:20-9:50 Thu
1:20-6:20-9:50
Thor: The Dark World (PG) Fri-Sun
1-3:50-6:40-9:30 Mon-Wed 6:10-9:10
Thu 6:10 Star & Strollers Screening, Thu 1
Thor: The Dark World 3D (PG) Fri-Sun
1:40-4:30-7:20-10:10 Mon-Thu 7-9:50
Fri-Sat 11:45-2:20-5:10-8-10:50 Sun 2:20-
5:10-8-10:50 Mon-Wed 4:50-7:40-10:30
Thu 7:40-10:30 Thu 1:35-4:50

Empire 7 Cinemas 111 Albert St. 3rd Floor World Exchange Plaza

12 Years a Slave (14A) Dolby Stereo, Fri
6-9 Dolby Stereo, Sat-Sun 12-3-6-9 Dolby
Stereo, Mon 6-9 Dolby Stereo, Tue 3-6-9
Dolby Stereo, Wed-Thu 6-9
About Time (14A) Fri 6:30-9:30 Sat-Sun
12:30-3:30-6:30-9:30 Mon 6:30-9:30
Tue 3:30-6:30-9:30 Wed 6:30-9:45 Thu
6:30-9:30
Captain Phillips (14A) Fri 6:15-9:15 Sat-
Sun 12:15-3:15-6:15-9:15 Mon 6:15-9:15
Tue 3:15-6:15-9:15 Wed-Thu 6:15-9:15
Delivery Man (PG) Thu 8:30
Ender's Game (PG) Fri 6:15-9:15 Sat-Sun
12:15-3:15-6:15-9:15 Mon 6:15-9:15 Tue
3:15-6:15-9:15 Wed-Thu 6:15-9:15
Gravity (PG) Fri 6:50-9:50 Sat-Sun 12:50-
3:50-6:50-9:50 Mon 9:50 Tue 3:50-6:50-
9:50 Wed 9:50
The Hunger Games: Catching Fire (PG)
Dolby Stereo, Thu 8
Last Vegas (PG) Mon 7-9:40 Sat-Sun
1-4-7-9:40 Mon 7-9:40 Tue 4-7-9:40 Wed
7-9:40 Thu 6
Thor: The Dark World (PG) Dolby Stereo,
Sat-Sun 3:45 Dolby Stereo, Tue 3:45
Thor: The Dark World 3D (PG) Dolby
Stereo, Fri 6:45-9:45 Dolby Stereo,
Sat-Sun 12:45-6:45-9:45 Dolby Stereo,
Mon-Thu 6:45-9:45

Mayfair Theatre 1074 Bank St.

Blue Caprice (14A) Fri 9:15 Sat 8:45 Tue
9:15 Wed 9:30
Blue Jasmine (14A) Fri 7 Sat 6:30 Sun 6
Mon-Tue 7
City of the Living Dead (STC) Fri 11:15
Sun 8:15
Life of Brian (R) Sun 3:30 Mon 9:15
Maniac Cop 2 (STC) Sat 10:45
Planes (G) Sat 1:30-3:30 Sun 1:30
Pray the Devil Back to Hell (STC) Wed 7
Rulers of Darkness (STC) Thu 7

Rainbow Cinemas St. Laurent Centre 1200 St. Laurent Blvd.

Despicable Me 2 (G) Fri-Thu 10:10-12:20-
2:35-4:45
Don Jon (18A) Fri-Thu 7-9
The Fifth Estate (14A) Fri-Thu 10:20-
1-6:30
Insidious: Chapter 2 (14A) Fri-Thu 4-9:15
Lee Daniels' The Butler (14A) Fri-Thu
10:05-7:25
Monsters University (G) Fri-Thu 12:40-
2:55-5:10
Planes (G) Fri-Thu 12:50-2:50-5:05
Prisoners (14A) Fri-Thu 9:55-7:15
Runner Runner (14A) Fri-Wed 1:10-9:10
Thu 9:10 Thu 1
We're the Millers (14A) Fri-Thu 10:30-
3:40-6:40

South Keys 2214 Bank St.

Captain Phillips (14A) Fri-Sun 12:50-3:55-
7:05-10:05 Mon 12:50-3:55-10:15 Tue-Thu
12:50-3:55-7:05-10:05
Carrie (14A) Fri-Wed 4-9:40 Thu 4
The Counselor (14A) Fri-Wed 10:40-1:20-
6:50 Thu 10:40-1:20
Ender's Game (PG) Fri-Sat 10:50-1:30-
4:15-7-9:45 Sun 4:15-7-9:45 Mon-Thu
10:50-1:30-4:15-7-9:45
Escape Plan (14A) Fri 10:55-1:35-4:20-
7:10-10 Sat 1:35-4:20-7:10-10 Sun-Wed
10:55-1:35-4:20-7:10-10 Thu 10:55-1:35-
4:20
An Evening With Crystal Pite (STC) Sun
12:55
Free Birds (G) Fri-Thu 10:35-12:40
Free Birds 3D (G) Fri-Thu 2:45-5-7:15-
9:30
Gravity 3D (PG) Fri-Thu 12:20-2:40-5:05-
7:35-9:55
The Hunger Games: Catching Fire (PG)
Thu 8-8:15-8:30

Jackass Presents: Bad Grandpa (14A) Fri-
Thu 10:30-12:45-3-5:20-7:40-10
Last Vegas (PG) Fri-Tue 11:40-2:15-4:50-
7:30-10:10 Wed 11:40-2:15-4:50-10:10
Thu 11:40-2:15-4:50-7:30-10:10
The Metropolitan Opera: Eugene Onegin
- Encore (STC) Sat 12
Philomena (PG) Wed 7:30
Prisoners (14A) Fri 11:50-3:20-6:40-9:50
Sat 6:40-9:50 Sun-Wed 11:50-3:20-6:40-
9:50 Thu 11:50-3:20
Rush Clockwork Angels Tour (PG) Mon
7:30
Thor: The Dark World (PG) Fri-Thu
10:25-1:10-3:50-6:55-9:35
Thor: The Dark World 3D (PG) Fri-Thu
11:45-2:30-5:30-8:15 Fri 10:45-1:40-
4:25-7:25-10:15 Sat 1:40-4:25-7:25-10:15
Sun-Thu 10:45-1:40-4:25-7:25-10:15

Canadian Museum of civilization 100 rue Laurier

Les Dauphins (STC) Wed 1
Jerusalem (STC) Fri 12-2-6 Sat 12-2-8
Sun 12-2-6 Mon 12-2 Tue-Wed 12-2-6
Thu 12-2-8 Fri 4-8 Sat 4-6 Sun 4 Tue-Wed
4 Thu 4-6
Kenya 3D: Animal Kingdom (STC) Fri
1-3-5 Sat 11-1-3-5-7 Sun 11-3-5 Mon 11
Tue 11-3-5-7 Wed 11-3-5 Thu 11-3-5-7
Fri 11-7 Sat-Tue 1 Thu 1

Cinéma des Galleries d'Aylmer 400 boul. Wilfrid-Lavigne

Camille Claudel, 1915 (G) Fri 1 Wed 7
Ender's Game (13+) Fri-Sun 3:20-7-9:20
Mon 7 Tue 3:20-7-9:20 Wed 9:20
Free Birds (G) Fri-Sun 12:50-6:50 Mon
6:50 Tue 12:50-6:50 Wed 6:50
The Hunger Games: Catching Fire (STC)
Thu 8
Jackass Presents: Bad Grandpa (13+) Fri-

Sun 9 Tue-Wed 9
Last Vegas (G) Fri-Sun 12:50-3:10-6:50-
9:10 Mon 6:50 Tue 12:50-3:10-6:50-9:10
Wed-Thu 6:50-9:10
Mission Dindons (G) Fri-Sun 3:10 Tue
3:10
Thor: The Dark World 3D (G) Fri-Sun
1-3:30-7-9:30 Mon 7 Tue 1-3:30-7-9:30
Wed 7-9:30 Thu 7-9:20

Ciné-starz

1100 boul. Maloney Ouest

Les avions (G) Fri-Sun 12-1:40-3:20-5-
6:45 Mon-Thu 12-3:45-5:25
La banque gagne toujours (13+) Mon-Thu
12-5:20-9
Carrie (13+) Fri-Sun 5:30-7:15-9 Mon-
Thu 1:50-7:15-9
Détestable moi 2 (G) Fri-Sun 12-1:45
Gabrielle (G) Fri-Sun 3:30-5:20-9:05 Mon-
Thu 1:40-3:30-7
Percy Jackson: Sea of Monsters (G) Fri-
Sun 1:45-7:10-8:25 Mon-Thu 12-4:35
Prisoners (13+) Mon-Thu 1:55-6:30-9:10
Riddick (13+) Fri-Sun 5:25-7:30-9:35
Mon-Thu 1:40-7:05-9:10
Les Schtroumpfs 2 (G) Fri-Sun 12-1:50-
3:40 Mon-Thu 12-3:35-5:25
Turbo (G) Fri-Sun 12-3:40

Gatineau 9 120 boul. de l'Hôpital

Amsterdam (13+) Fri 7:20-9:50 Sat-Sun
1:20-4-7:20-9:50 Mon 7:20-9:50 Tue 1:20-
4-7:20-9:50 Wed-Thu 7:20-9:50
Capitaine Phillips (13+) Fri-Thu 9
Le Démantèlement (G) Fri 7-9:30 Sat-Sun
1-3:35-7-9:30 Mon 7-9:30 Tue 1-3:35-7-
9:30 Wed-Thu 7-9:30
Gravité 3D (G) Fri-Thu 8:45
Jackass présente: Vilain Grand-Père (13+)
Fri 6:50-9:10 Sat-Sun 12:50-3:10-6:50-9:10
Mon 6:50-9:10 Tue 12:50-3:10-6:50-9:10
Wed-Thu 6:50-9:10

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Gatineau 9
120 boul. de l'Hôpital
Amsterdam (13+) Fri 7:20-9:50 Sat-Sun 1:20-4-7:20-9:50 Mon 7:20-9:50 Tue 1:20-4-7:20-9:50 Wed-Thu 7:20-9:50
Capitaine Phillips (13+) Fri-Thu 9
Le Démantèlement (G) Fri 7-9:30
Sat-Sun 1-3:35-7-9:30 Mon 7-9:30 Tue 1-3:35-7-9:30 Wed-Thu 7-9:30
Gravité 3D (G) Fri-Thu 8:45
Jackass présente: Vilain Grand-Père (13+) Fri 6:50-9:10 Sat-Sun 12:50-3:10-6:50-9:10 Mon 6:50-9:10 Tue 12:50-3:10-6:50-9:10 Wed-Thu 6:50-9:10
L'autre maison (G) Fri 6:40 Sat-Sun 12:40-3:05-6:40 Mon 6:40 Tue 12:40-3:05-6:40 Wed-Thu 6:40
Mission Dindons (G) Sat-Sun 2:45 Tue 2:45
Mission Dindons 3D (G) Fri 6:45 Sat-Sun 12:30-6:45 Mon 6:45 Tue 12:30-6:45 Wed-Thu 6:45
La stratégie Ender (13+) Fri 6:30-9:05 Sat-Sun 12:15-3-6:30-9:05 Mon 6:30-9:05 Tue 12:15-3-6:30-9:05 Wed-Thu 6:30-9:05
Thor: Un monde obscur 3D (G) Fri 7:10-9:45 Sat-Sun 1:10-3:45-7:10-9:45 Mon 7:10-9:45 Tue 1:10-3:45-7:10-9:45 Wed-Thu 7:10-9:45
Le tombeau (13+) Fri 7:15-9:50 Sat-Sun 1:15-3:50-7:15-9:50 Mon 7:15-9:50 Tue 1:15-3:50-7:15-9:50 Wed-Thu 7:15-9:50
Virée à Vegas (G) Fri 7:05-9:25 Sat-Sun 1:05-3:25-7:05-9:25 Mon 7:05-9:25 Tue 1:05-3:25-7:05-9:25 Wed-Thu 7:05-9:25

StarCité Hull
115 boul. du Plateau
The Amazing Spider-Man (G) Sat 9:45
Amsterdam (13+) Fri-Sun 4:15-9:50
Mon 9:50 Tue 4:15-9:50 Wed-Thu 9:50
Captain Phillips (13+) Fri-Sun 1-4-7-10

Mon 7-10 Tue 1-4-7-10 Wed-Thu 7-10
Delivery Man (G) Thu 9:30
Le Démantèlement (G) Fri-Sun 1:50-4:25-7-9:35 Mon 7-9:30 Tue 1:50-4:25-7-9:35 Wed 7-10:05 Thu 1-7-9:35
Ender's Game (13+) Fri-Sun 2:15-5-7:45-10:25 Mon 7:10-9:45 Tue 2:15-5-7:45-10:25 Wed 7:10-9:45
Escape Plan (13+) Fri-Sat 2:20-5-7:40-10:20 Sun 5-7:40-10:20 Mon 7:10-9:50 Tue 2:20-5-7:40-10:20 Wed 7:10-9:50
Free Birds (G) Fri-Sun 12:30-2:45-5-7:15-9:30 Mon 7:15-10:05 Tue 12:30-2:45-5-7:15-9:30 Wed 6:45-10 Thu 7:15-9:30
Gravity 3D (G) Fri-Sun 1:10-3:25-5:40-7:55-10:10 Mon 7:45-10 Tue 1:10-3:25-5:40-7:55-10:10 Wed 7:45-10
Gravité 3D (G) Fri 12:40-2:55-5:10-7:25-9:40 Sat 11:20-7:25-9:40 Sun 12:40-2:55-5:10-7:25-9:40 Mon 9:40 Tue 12:40-2:55-5:10-7:25-9:40 Wed 9
Les hommes en noir 3 (G) Sat 9
Hotel Transylvania 3D (G) Sat 10
Hotel Transylvanie 3D (G) Sat 10
The Hunger Games: Catching Fire (STC) Thu 8:15 Thu 8:30
Hunger Games: L'embrasement (STC) Thu 8-8:45
Il pleut des hamburgers 2 (G) Fri-Sun 12:20-2:40-5-7:20 Mon 7:20 Tue 12:20-2:40-5-7:20 Wed-Thu 7:20
Jackass Presents: Bad Grandpa (13+) Fri-Sun 1:30-3:45-5:55-8:15-10:30 Mon 7:45-10 Tue 1:30-3:45-5:55-8:15-10:30 Wed-Thu 7:45-10
L'extraordinaire Spider-Man (G) Sat 9:45
Last Vegas (G) Fri-Sun 12:30-3-5:30-8-10:30 Mon 7:30-10 Tue 12:30-3-5:30-8-10:30 Wed-Thu 7:30-10
Men in Black 3 (G) Sat 9
The Metropolitan Opera: Eugene Onegin - Encore (STC) Sat 12:55

Mission Dindons (G) Fri-Sun 1:15 Tue 1:15
Mission Dindons 3D (G) Fri-Sun 3:30-5:45-8-10:15 Mon 7-9:15 Tue 3:30-5:45-8-10:15 Wed 7-9:15 Thu 7
Les pirates - Bande de nuls (G) Sat 9:15
The Pirates! Band of Misfits (G) Sat 9:15
Prisoners (13+) Fri-Sun 1-6:45 Mon 6:45 Tue 1-6:45 Wed-Thu 6:45
Rush Clockwork Angels Tour (STC) Mon 7:30
Les Schtroumpfs (STC) Sat 9:30
The Smurfs (STC) Sat 9:30
La stratégie Ender (13+) Fri-Thu 9:40
Thor: The Dark World (G) Fri 1:20-4:10-7:10-10 Sat 1:30-4-7:10-10 Sun 1:20-4:10-7:10-10 Mon 7:15-9:45 Tue 1:20-4:10-7:10-10 Wed 7:15-9:45 Thu 1:30-7:15-9:45
Thor: The Dark World 3D (G) Fri-Sun 2-4:50-7:40-10:30 Mon 7:30-10 Tue 2-4:50-7:40-10:30 Wed-Thu 7:30-10
Thor: Un monde obscur (G) Fri-Sun 1:05-3:55-6:55-9:45 Mon 6:45-9:15 Tue 1:05-3:55-6:55-9:45 Wed-Thu 6:45-9:15
Thor: Un monde obscur 3D (G) Fri-Sun 1:45-4:35-7:25-10:15 Mon 7-9:30 Tue 1:45-4:35-7:25-10:15 Wed-Thu 7-9:30

Barrhaven Cinemas
131 Riocan Dr.
Captain Phillips (14A) Fri-Sun 1-4-7:05-10 Mon-Thu 7
Ender's Game (PG) Fri-Sun 1:30-4:15-7-9:45 Mon 5:05 Tue-Wed 5:05-7:45 Thu 5:05
Free Birds (G) Fri 12 Sun 12
Free Birds 3D (G) Fri-Sun 2:10-4:25 Mon-Thu 5
Gravity 3D (PG) Fri-Sun 12:20-2:40-4:50-7:20-9:40 Mon-Thu 5:20-7:35

The Hunger Games: Catching Fire (PG) Thu 8-8:15
Jackass Presents: Bad Grandpa (14A) Fri-Sun 12:40-3-5:30-7:50-10:15 Mon-Wed 5:40-8 Thu 5:40
Last Vegas (PG) Fri-Sun 12-2:30-5:05-7:45-10:15 Mon-Thu 5:30-7:55 Star & Strollers Screening Thu 1
Rush Clockwork Angels Tour (PG) Mon 8
Thor: The Dark World (PG) Fri-Sun 6:45-9:35 Mon-Thu 7:10 Star & Strollers Screening, Thu 1
Thor: The Dark World 3D (PG) Fri-Sun 1:45-4:40-7:40-10:30 Mon-Thu 5-7:50

SilverCity, 2385 City Park Dr.
12 Years a Slave (14A) Fri 12:50-4-7:15-10:30 Sat 1-4-7:15-10:30 Sun-Tue 12:50-4-7:15-10:30 Wed 12:50-4-7:30-10:30 Thu 12:50-4-7:15-10:30
About Time (14A) Fri-Tue 1:10-4:05-7:05-10:05 Wed 4:05-7:05-10:05 Thu 1:10-4:05-7:05-10:05 Star & Strollers Screening Wed 1
Captain Phillips (14A) Fri-Tue 1:45-4:45-7:45-10:45 Wed 12:45-4:25-10:45 Thu 12:45-4:45-7:45-10:45
Carrie (14A) Fri-Wed 2:25-8:05 Thu 2:25
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 12:35-3:05-5:30-7:55
The Counselor (14A) Fri-Thu 10:25
Delivery Man (PG) Thu 9:45
Ender's Game (PG) Fri-Tue 1-3:50-6:50-9:45 Wed 3:50-6:50-9:45 Thu 1-3:50-6:50 Star & Strollers Screening Wed 1
Ender's Game: The IMAX Experience (PG) Fri-Thu 1:50
Escape Plan (14A) Fri 1:05-3:55-6:55-9:55 Sat 4:50-7:25-10:10 Sun-Wed 1:05-

3:55-6:55-9:55 Thu 12:55-3:35
An Evening With Crystal Pite (STC) Sun 12:55
Free Birds (G) Fri-Thu 1
Free Birds 3D (G) Fri-Sun 3:10-5:25-7:50-10:15 Mon 3:10-5:25-7:50 Tue-Thu 3:10-5:25-7:50-10:15
Gravity 3D (PG) Fri-Sun 12:20-2:45-5:15-7:40-10:10 Mon 12:20-2:45-10:40 Tue 12:20-2:45-5:15-7:40-10:10 Wed 2:20-4:45 Thu 12:20-2:45-5:15-7:40-10:10
The Hunger Games: Catching Fire (PG) Thu 8:30-8:45-10:20
The Hunger Games: Catching Fire — The IMAX Experience (PG) Thu 8
Jackass Presents: Bad Grandpa (14A) Fri-Thu 12:55-3:20-5:50-8:15-10:40
Last Vegas (PG) Fri-Sat 1:55-4:35-7:20-10 Sun 4:35-7:20-10 Mon-Wed 1:55-4:35-7:20-10 Thu 1:55-4:35-10:10
The Metropolitan Opera: Eugene Onegin - Encore (STC) Sat 12 Mon 6:30
Out of Africa (STC) Thu 7
Rush (14A) Fri 5:05-10:35 Sat 11:40-5:05-10:35 Sun-Wed 5:05-10:35 Thu 5:05
Thor: The Dark World (PG) Fri 12:25-3:10-6-8:50 Sat 11:30-12:25-2:10-3:10-6-8:50 Sun 12:25-3:10-6-8:50 Mon 12:25-3:10-5:10-6-8-8:50 Tue-Thu 12:25-3:10-6-8:50
Thor: The Dark World — An IMAX 3D Experience (PG) Fri 4:40-7:30-10:20 Sat 11-4:40-7:30-10:20 Sun-Wed 4:40-7:30-10:20 Thu 4:40
Thor: The Dark World 3D (PG) Fri 12:50-1:20-2:20-3:40-4:10-5:10-6:30-7-8-9:20-9:50-10:45 Sat 12:50-1:20-3:40-4:10-5:10-6:30-7-8-9:20-9:50-10:45 Sun 12:50-1:20-2:20-3:40-4:10-6:30-7-9:20-9:50-10:45 Tue-Wed 12:50-1:20-2:20-3:40-4:10-

5:10-6:30-7-8-9:20-9:50-10:45 Thu 12:50-1:20-2:20-3:40-4:10-5:10-6:30-7-9:20-9:50

Empire Theatres Orleans 6 Cinemas 3752 Innes Rd.
About Time (14A) , , Fri-Sun 12:45-3:50-6:45-9:40 , , Mon 6:10-9:20 , , Tue 12:45-3:50-6:45-9:40 , , Wed-Thu 6:10-9:20
Captain Phillips (14A) , Fri-Sun 12:40-3:45-7:30 , Mon 7:20 , Tue 12:40-3:45-7:30 , Wed-Thu 7:20
Delivery Man (PG) , Thu 8:30
Ender's Game (PG) , Fri-Sun 12:50-3:35-6:35-9:15-9:45 , Mon 6:20-9:10-9:40 , Tue 12:50-3:35-6:35-9:15-9:45 , Wed 6:20-9:10-9:40 , Thu 9:45
Free Birds (G) , Fri 1-4:15-6:40 , Sat-Sun 1:20-4:15-6:40 , Mon 6:40 , Tue 1:20-4:15-6:40 , Wed 6:40
Gravity (PG) , Fri-Sun 1:15 , Tue 1:15
Gravity 3D (PG) Fri-Sun 3:40-6:15-9 Mon 7-9:25 Tue 3:40-6:15-9 Wed 7-9:25 Thu 6:25
The Hunger Games: Catching Fire (PG) , , Thu 8 , , Thu 9
Jackass Presents: Bad Grandpa (14A) , Fri-Sun 1:30-4:30-7:10-9:50 , Mon 6:50-9:15 , Tue 1:30-4:30-7:10-9:50 , Wed-Thu 6:50-9:15
Last Vegas (PG) , Fri-Sun 1:10-4:10-6:50-9:35 , Mon 7:10-9:45 , Tue 1:10-4:10-6:50-9:35 , Wed 7:10-9:45 , Thu 7:10
Thor: The Dark World (PG) , , Fri-Sun 2-6:30-9:30 , , Mon 6-9 , , Tue 2-6:30-9:30 , , Wed-Thu 6-9
Thor: The Dark World 3D (PG) , Fri-Sun 12:30-3:30-8 , Mon 6:30-9:30 , Tue 12:30-3:30-8 , Wed 8 , Thu 6:30-7:30-9:30 , Fri-Sun 1-4-7-10 , Tue 1-4-7-10 , Wed 6:30-9:30

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November 28 - December 15, 2013
Vernissage: Thursday November 28, 5pm to 8pm

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f in t

Meanwhile in Europe



**SOUND
CHECK**
Alan Cross
scene@metronews.ca

A polished-up formerly-lost Peter Gabriel track, lots of talented banging from Rakede and the Russian Police Choir's Daft Punk cover

Courage

Courage/Peter Gabriel

While this formerly lost track turned up on the 25th anniversary reissue of the So album last year, it's now been refurbished, added to and remixed. Welcome back to 1986



Bitte Bitte/Rakede

A totally acoustic performance involving a German band, six beer bottles and lots of banging on a wooden table. The best bit comes when one guy sucks in some helium for his vocal part at about the 1:04 mark.



Get Lucky/Russian Police Choir

A rehearsal for a Kremlin concert features a Daft Punk song and was posted on YouTube. They win the Internet this week.

The Beatles. CBS to run 50th anniversary special for band's U.S. milestone



Ed Sullivan, center, stands with The Beatles during a rehearsal for the British group's first American appearance. AP PHOTO

CBS is planning a two-hour special to mark the 50th anniversary of the Beatles' groundbreaking first appearance on The Ed Sullivan Show.

The Feb. 9 special will be billed as a Grammy Awards salute to the Beatles. It will be recorded the day after the Grammys are held two weeks earlier. Top contemporary artists will cover

songs the Beatles performed on Sullivan, a historic night in music that launched Beatlemania in the United States.

The special will be aired 50 years to the day the Beatles appeared on Sullivan, in the same time slot and on the same network.

No participating artists were announced Thursday.

THE ASSOCIATED PRESS

Video Game Review

Knack

System. PS4

Rated. Everyone 10+

The first game for the new PlayStation 4, Knack is a hero who changes size as he absorbs rocks, crystals, and other materials around him. This keeps you on your toes, always adapting for when he's nimble-yet-weak as a little guy, or capable of Godzilla-like rampages when he's a giant. Crystals make him stealthy, but ice will melt him in sunlight, and each transformation is a chance to show off the PS4's vibrant, graphics. The family-friendly characters could use more charm, but the game is clever and rewarding. KRIS ABEL/METRO



Participants Needed for GRASS POLLEN EXPOSURE STUDY

Research volunteers are needed for a Grass Pollen Exposure Study. No investigational drug will be used.

The study will run from late November to early December 2013 and will consist of 3 to 4 appointments

Patient compensation for participation is up to \$750

If you have Grass Pollen Allergies and are interested please call: 613-725-2102 ext. 248

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Pre-Christmas Bazaar



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2013

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Friday, Nov. 22nd, 6:30 p.m. - 9:00 p.m.
Saturday, Nov. 23rd, 10:00 a.m. - 7:00 p.m.
Sunday, Nov. 24th, 12:00 p.m. - 5:00 p.m.

Choir, Christmas Play,
Photo Booth,
Christmas Carols:
Saturday 3:00-4:00 pm,
Christmas Music.

Many Varieties of: Christmas Crafts,
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Mark Wahlberg. ALL PHOTOS GETTY IMAGES

Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, Lone Survivor, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training?' I don't give

a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."

Twitter



@TomArnold

What are the ethics on this?: You tweet something incredibly inappropriate but you delete it a couple hours later. It never happened, right?



@mindykaling

I love cornbread so much I wish that my nickname was Cornbread



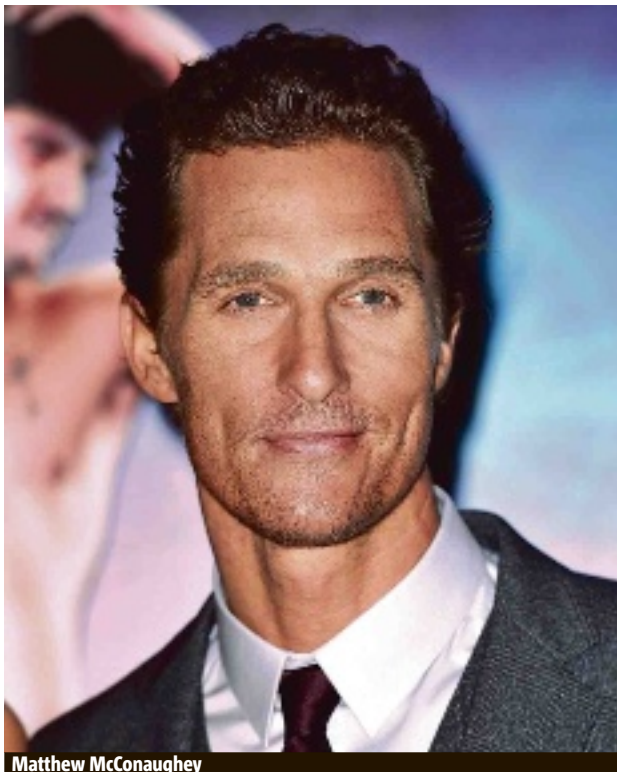
@joeldavidmoore

Why do I feel like I have 10 lbs of coke in the trunk and just ran over a nursery every time a cop is behind me.

McConaughey might be in the market for a few new shirts

Matthew McConaughey's career transformation over the past two years might have something to do with realizing his public image had gotten a bit ... fluffy. "I get it," McConaughey tells GQ magazine. "Outdoors, shirtless on the beach, does a lot of rom-coms, girlfriends

love him, good-looking. It's like he rolls out of bed and shows up and makes it look easy." But while he's gotten more serious in the roles he chooses, some things never change. "Of course I still play the congas naked," he says. "I just close the windows."



Matthew McConaughey

Lily Allen responds to video backlash



Lily Allen

Lily Allen's return to music after a four-year hiatus is off to a bumpy start, with critics crowing that her new video, Hard Out There, is racist. So Allen has taken to Twitter to defend herself. "If anyone thinks for a second that I requested specific ethnicities for the video, they're wrong," she writes. "The video is meant to be a lighthearted satirical video that deals with objectification of women within modern pop culture. It has nothing to do with race at all."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Your honour, I never cuddled with that woman!

PAT HEALY
Metro World News

Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail. The trial was dramatic, even by New

York City standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.

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Tech the halls

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MIKE
YAWNEY
For Metro

Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

Furby Boom — \$59.97

This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

Sphero 2.0 — \$129.99

A robotic ball you control with

your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends. Add the "nubby" skin to give it even more grip.

Hasbro Zapped Games — various prices

Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.

Nintendo 2DS — \$129.99

The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new



factor doesn't fold like the original, but it's still great for gaming on the go. Compatible with all existing 3DS titles.

Philips Friends of Hue Lightstrips — \$89.95

Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).

Belkin Lego Builder Case for iPod — \$29.99

A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their

youngster learn to read and write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.



Dice+ — \$39.99

A cool way to enjoy digital versions of board games without losing the pleasure of throwing dice. This digital die works with interactive board games on your Android or iOS tablet. Roll the Dice+ and watch as the result is sent directly to the game. The best part? No cheating.

Laser Pegs — various prices

Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

iHeart Diary Electronic Locket — \$24.99

A great gift for young writers. This electronic locket sends a secret digital code to your iPad to unlock the diary app. Add pictures, drawings and memories.

LeapReader — \$59.99

Give the gift of learning. This electronic pen will help your

Furby Boom — \$59.97, clockwise, from top centre, LeapReader — \$59.99, Nintendo 2DS — \$129.99, Nerf Firevision — \$19.99 and up, Sphero 2.0 — \$129.99, Laser Pegs — various prices, Belkin Lego Builder Case for iPod — \$29.99, and iHeart Diary Electronic Locket — \$24.99.

Holiday
gift
guide

40
shopping
days left



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See back cover of the GIFT GUIDE for a GREAT OFFER and bring WISH LISTS to life.

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MICHELLE WILLIAMS
For Metro

Check out some of the cool apps recommended by Canadian tech blogger and app aficionado Pauline Grant, which you are sure to find helpful this season.

Looking for deals?

App: RedFlagDeals
Available on: iTunes
How it helps: Canadian deal site that features deals near you, coupons, flyers and access to its forums.
Cost: Free
Why you will love it: Access to tons of info.

Looking to streamline your online shopping?

App: CardStar
Available on: All platforms (iPhone, Android, Black-

berry, Windows Phone, Nokia).

How it helps: Consolidates all your loyalty cards in one app to avoid the dreaded wallet overload.

Cost: Free

Why you will love it: Handy for quick online shopping — you are less likely to get frustrated looking for a loyalty card.

Looking to track gift-giving lists and budgets?

App: mGifts
Available on: iTunes (iPhone, iPad)
How it helps: Fully-customizable gift list and budget tracking capabilities for holidays and all year. Organize gift lists by groups (e.g., family, co-workers) and track the status of a gift from idea to purchase to wrapped to given.
Cost: \$4.99 (occasionally on sale for less)
Why you will love it: Password protected so gift ideas are for your eyes only. Bonus — it syncs to iCloud, making data available on multiple devices.



Mobile devices can help you find deals and streamline your holiday shopping. MJTH/SHUTTERSTOCK

App: Gifted
Available on: Android devices
How it helps: Flexible, customizable app to keep track

of gifts, gift ideas and important events for your contacts during holidays and year round.
Cost: Free

Why you will love it: Scans a barcode to the list and takes pictures of gifts. Gifts also protected by a pass code.

Looking for favourite retailer apps?

App: Amazon Mobile
Available on: iPhone, iPad, Android, Android Tablet, Windows Phone
Cost: Free
Why you will love it: Easy access to find a gift recipient's wish list, read reviews and make quick purchases from amazon.ca.

App: Canadian Tire
Available on: iPhone, iPad, Android, Blackberry
Cost: Free
Why you will love it: Exclusive early access to the weekly flyer, which has a great functionality to add items to a shopping list and check inventory at nearby stores.

App: Indigo
Available on: iPhone, iPod Touch, Android
Cost: Free
Why you will love it: Convenient scan feature to scan a product bar code and buy it directly in the app, shipping it to your home or to someone as a gift.

The Original Office Holiday Party

Join us Thursday, December 5th, for our Annual Holiday Celebration and Office-Get-Together in the International Ballroom. Percentage of proceeds goes to Habitat for Humanity.

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Find out what the top toys are

Here is a list of sites that have put together their own list of top Christmas toys.

1 Fat Brain Toys — As the name implies, this site specializes in educational toys. But, of course, these are really fun and cool toys that are also helpful to intellectual development. In other words, kids love them. Since every child needs and deserves to receive some toys that will sharpen and develop their minds, what's better than a toy that's both

fun and educational?

2 Amazon — Amazon has extensive information on what people are buying. It provides several different lists of toys, such as the "Amazon.com 2013 Holiday Toy List: The Hottest Gifts for Kids" and the "Most Gifted Items in Toys and Games" list. These lists will let you know some of the most popular toys that kids will be getting this year. Ease of shopping makes this a great site, with pictures and prices displayed.

3 Squidoo Lens — This site has toy ideas in 12 separate categories. If you know the type of toy you want to buy, such as remote-control toys or construction sets, this site will take you to a list of the top toys of that kind.

4 The Telegraph UK — This site has an intriguing list of toys, including an interesting prediction of what will be the No. 1 Christmas toy this year. The best feature of is that there is only one list, "The Top 10 Toys for 2013." So if you are pressed for time, just read this top-10 list for ideas.

5 Christmas Toy Site 2013 — This is an enjoyable site with a lot of content, so if you want more information, or reviews of products, this is a great resource. It also features discounts, prize contests, and many reviews of toys. This site has in-depth information, and provides reviews of the products, including video reviews.

6 Target — Target has done a great job of breaking down its lists into age categories.

7 Examiner — This site helpfully lists toy of the year in 14 different categories, such as activity toy, preschool toy, and girl toy. **METRO NEWS SERVICES**



Lending a helping hand

Free time. There are myriad ways to contribute your time and resources during the holidays



When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Sladowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or sing-

ing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Sladowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-per-



Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

ishable goods to help stock the shelves.

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence.

If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at

your workplace, in a school or with an organization," Speevak-Sladowski said.

If you aren't sure where to start, two helpful websites are volunteer.ca and getinvolved.ca.

And don't worry if you aren't keen on your volun-

teering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Sladowski said. "When everyone's needs are met, volunteering benefits everyone."



HOLIDAY

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Beginning Saturday, November 16

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Beginning Saturday, November 16

Saturday and Sunday,
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Canada Goose
Women's
Chilliwick
Bomber, \$595,
available at
Sporting Life,
Holt Renfrew,
canada-
goose.
com.

Smythe
Cropped
Cuffed
Pant, \$495,
available at
Holt Renfrew,
holtrenfrew.
com.

Dressed for the season



Forest green Sharon
shoes by Miz
Mooz, \$165,
available at
shoeme.com.



Blouse
with
rhinestone
embel-
lishments,
\$59.90,
available
at Jacob,
jacob.ca.



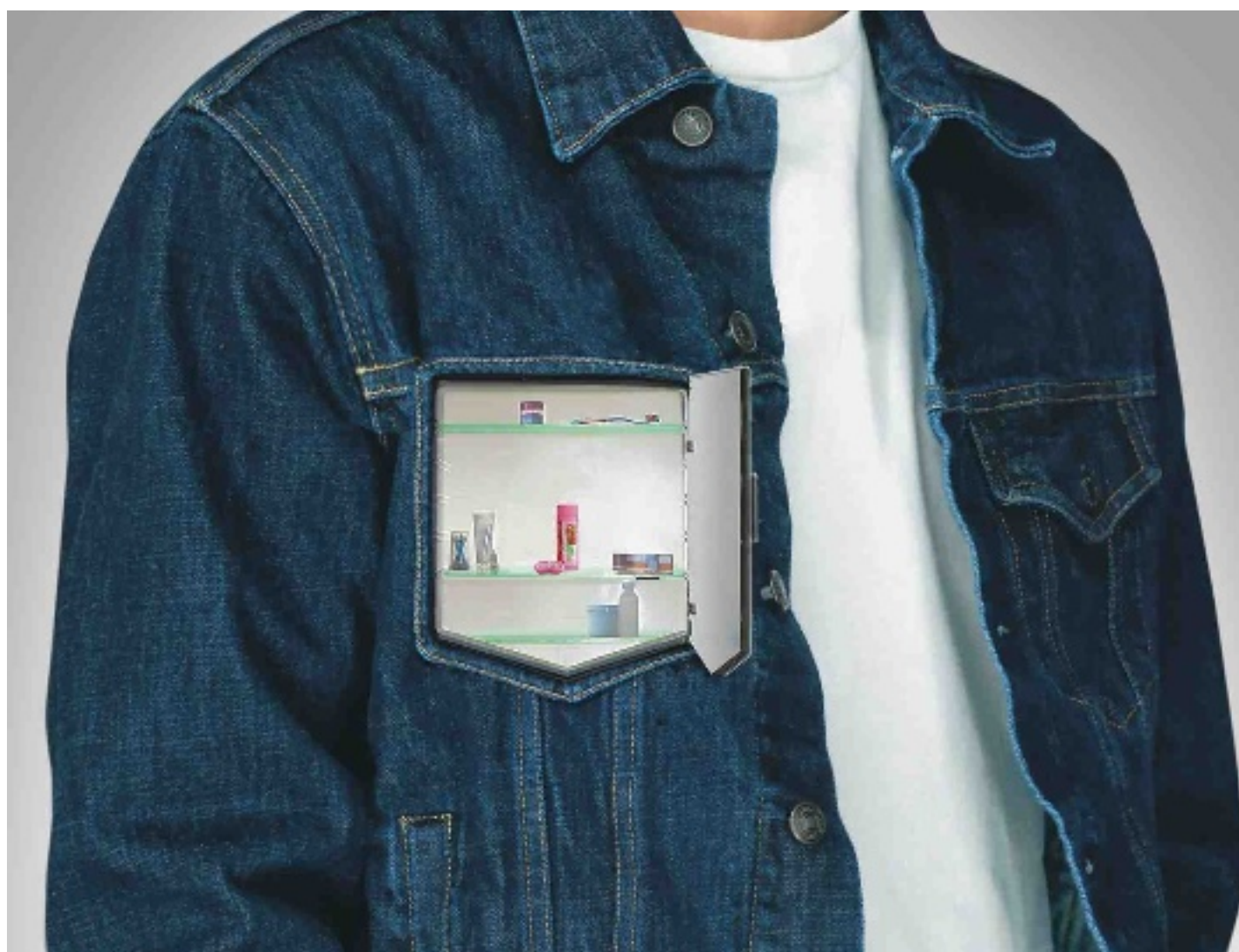
Bogner Lara Knit Hat, \$249,
available at Sporting
Life, sportinglife.ca



Tee boxer,
\$19.95,
available
at La Vie
en Rose,
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rose.com.



Holiday
panties,
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THE JOURNEY OF A LIFETIME

PLAN CANADA'S GIFTS OF HOPE

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference — it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at plangifts.com.



Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.



Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the

world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach

GIFTS FOR ALL

Create change with more than 40 Gifts of Hope, starting at just \$10. With 26 matched gifts and 15 Because I am a Girl gifts, there is something for everyone on your list. Every Gift of Hope purchase comes with a free greeting card, e-card or PDF card to give to your recipient.

Shop online at plangifts.com.

Top gifts this year include:

- Bed nets (\$10)
- Girls' take-home rations (\$25)
- Clean water for families (\$75)
- Goats (\$75, \$775 a herd)
- Two pigs (\$90)
- Literacy training for two women (\$120)
- Girl's scholarship (\$295)

and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

— Heather Beaumont



Think outside the gift box

Why a goat? When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.

Charitable registration number 11892 8993 RR0001



Give a Gift
of Hope

plangifts.com

Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.



HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regiment and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent prac-



COLOURBOX

tice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is

full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit whrecovery.org.

CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.



CONTRIBUTED



FREEDOM FROM ADDICTION

Much more than a rehab center!

Residential Addiction Treatment For Men and Women

Ages 18-34

**Proven
Effective**

At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place. In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life! **Life-long sobriety** - that is our only purpose.



**Most
Affordable**

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction. Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

***Take the First Step
Give Us a Call Today
To Find Out More
Phone 855-592-3001
www.whrecovery.org***

I have been in foster-homes, many different recovery programs, and attended countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - Kelly D.

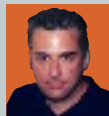


I cannot thank you enough for what you have done in not only my life, but my family's as well. - Marty C.

6911 King George Blvd, Surrey, BC.

Liquid Assets

Embrace your inner pirate



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

To sip, or not to sip: that is the question when it comes to brown spirits.

Whisky aficionados will tell you the only way to properly appreciate their chosen tippie is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented.

Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals right out of the bottle. It's the smaller batch, pot-still output that tastes best as a singular liquid entity.

Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper, especially served over ice.

El Dorado 12 Year Old Demerara Rum (\$33.95 to \$37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation. Hide it under mix if you

must, but I don't know why you'd want to.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



One-pot chili — but hold the tomato base

Recipe. Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it



This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

Nutritional analysis

Per serving:

- **Calories:** 255
- **Carbohydrates:** 26.5 g
- **Fibre:** 6.4 g
- **Protein:** 25.4 g
- **Total fat:** 5.8 g
- **Saturated fat:** 1.7 g
- **Cholesterol:** 35 mg
- **Sodium:** 400 mg

Source: The Best of Rose Reisman (Whitecap Books) By: Rose Reisman

with whatever condiments you like.

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot

Ingredients

Prep time: 15 minutes
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno

peppers
(add a few seeds for extra heat)

- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

Garnish: chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese

and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

Turkey's take on the club sandwich

Club sandwich flavours of turkey, bacon, tomato and mayo are always popular.

Stuff them in our whole wheat tortilla for a source of fibre.

1. In small bowl, stir together yogurt and mayonnaise. Place tortillas on work surface; spread yogurt mixture evenly over lower half of each tortilla.

Top with turkey breast strips, bacon, tomato, avocado and mixed greens.

Roll up tightly. Hold-

Ingredients

Prep time: 15 minutes

- 1/3 cup (75 ml) PC 0% MF Greek Yogurt
- 1/3 cup (75 ml) mayonnaise
- 4 PC Blue Menu 100% Whole Grain Whole Wheat Tortillas
- 1 pkg (400 g) PC Turkey Breast Strips
- 4 strips cooked bacon

- 1 vine-ripened tomato, halved and thinly sliced
 - 1 small avocado, halved, pitted and sliced
 - 1-1/2 cups (375 ml) packed mixed salad greens
- Per 2 piece serving: 410 calories, fat: 23 g, sodium: 740 mg, carbohydrate: 26 g, fibre: 4 g, protein: 25 g

ing wraps seam side down, cut into thirds; secure each

section with a toothpick. **PRESIDENT'S CHOICE**



This recipe serves six. PRESIDENT'S CHOICE

Sports in pictures



1 IndyCar.

Franchitti calls it a career early

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash. **THE ASSOCIATED PRESS**

2 Swimming.

Phelps eyeing return for Rio?

Michael Phelps has rejoined the U.S. drug-testing program, the strongest signal yet that he's planning a comeback for the 2016 Rio de Janeiro Olympics. **THE ASSOCIATED PRESS**

3 NHL.

Leafs' Kadri hit with three-game ban

Toronto Maple Leafs centre Nazem Kadri has been suspended for three games for his hit to the head of Minnesota Wild goalie Niklas Backstrom on Wednesday night. **THE CANADIAN PRESS**



Tigers third baseman Miguel Cabrera was named AL MVP for the second straight year on Thursday. **EZRA SHAW/GETTY IMAGES**

Miggy in the money with another MVP

MLB. Tigers' star slugger Cabrera named AL's best again after winning another batting title in Detroit

Detroit Tigers slugger Miguel Cabrera won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable margin.

A year after winning the Triple Crown, Cabrera came

Million-dollar dream

\$1M

Miguel Cabrera drew a \$1-million bonus for winning his second MVP during his current contract with the Detroit Tigers.

back to lead the majors in hitting at .348 and finish second with 44 home runs and 137 RBIs.

Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' Association of America. He became the first player to win consecutive AL MVPs since Frank

Thomas for the Chicago White Sox in 1993 and 1994.

"This is unbelievable," Cabrera said in an interview on MLB Network. "I'm so excited right now."

Trout got five first-place votes and came in second. Baltimore first baseman Chris Davis, who led the majors with 53 homers and 138 RBIs, was third. Davis and Oakland third baseman Josh Donaldson each received a first-place vote.

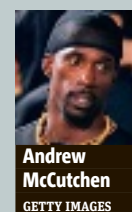
It was Cabrera's third AL batting title in a row.

"I was so nervous because it was a great competition," he said. **THE ASSOCIATED PRESS**

NL recipient

Pittsburgh Pirates centre fielder Andrew McCutchen won the NL MVP award.

- McCutchen received 28 of the 30 first-place votes. He hit .317 with 21 home runs and 84 RBIs.



Andrew McCutchen
GETTY IMAGES

MLB. Baseball owners give green light on expanded instant replay in 2014

Another baseball tradition is about to largely disappear: a manager, with a crazed look in his eyes, charging the field and getting into a face-to-face shouting match with an umpire.

Instead, most calls on the field next season will be subject to video review by umpires in New York.

Major League Baseball took the first vote in a two-step process Thursday, unanimously approving funding for expanded instant replay in 2014.

They plan to approve the new rules when they meet Jan. 16 in Paradise Valley, Ariz., after agreements with the unions for umpires and players.

"We made a gigantic move today," commissioner Bud Selig said. "This is quite historic."

Selig long opposed replay and watched from afar as it was first used by the NFL in 1986, the NHL in 1991, the NBA in 2002 and Wimbledon in 2006. Even the Little League World Series put replay in place for 2008.

MLB allowed it starting August 2008 but in a limited manner: To determine whether potential home runs were fair or cleared fences.

Now, virtually every decision will likely be subject to review, except balls and strikes, checked swings and some foul tips.

"Tag plays, out/safe at first, fair/foul past the bags, those are all going to be included," said Rob Manfred, MLB's chief operating officer.

THE ASSOCIATED PRESS



Commissioner Bud Selig speaks to reporters on Thursday in Orlando.
THE ASSOCIATED PRESS



UFC welterweight champion Georges St-Pierre trains on Oct. 28 in Montreal for his upcoming fight against Johny Hendricks. RYAN REMIOWZ/THE CANADIAN PRESS

GSP personifies a champion, says UFC president

MMA. Welterweight title holder still driven after many years of success; set to face Hendricks on Saturday

Hungry. Obsessed. Driven. Professional. The epitome of a champion.

UFC president Dana White was full of praise Thursday in summing up welterweight champion Georges St-Pierre, who looks to extend his MMA legacy this weekend with a win over Johny (Bigg Rigg) Hendricks at UFC 167.

"When you're as rich as Georges St-Pierre is, to stay that mentally tough and to keep having the drive and the passion to win that he does,

Tiebreaker

19

Georges St-Pierre can make history by winning Saturday, becoming the first fighter to record 19 wins in the UFC. The Canadian champion is currently tied with UFC Hall of Famer Matt Hughes, whom he first beat for the title, at 18 victories.

that's what separates him from all the rest," White told reporters Thursday.

Asked how rich the 32-year-old fighter from Montreal was, White replied: "He's rich. He's very rich."

And White knows rich. The UFC boss travels in a world of private jets, big bets, fast cars and the finest restaurants.

Saturday's payday will likely help further pad the GSP retirement fund. St-Pierre, the

organization's biggest pay-per-view draw, is likely to earn several times over the \$2 million US that Zuffa paid to purchase an ailing UFC back in 2001.

White has his favourites and villains in his roster of fighters past and present. Former light-heavyweight Chuck (The Iceman) Liddell is like family. Tito Ortiz, another former title-holder, was oil to White's water.

But his tribute to St-Pierre, in a lengthy scrum of reporters after the pre-fight news conference Thursday, was unparalleled.

"He's an absolute professional," White said. "No matter how dominant he's been over the last however many years, he still takes guys seriously, he still puts in the hard work. He's a dedicated professional."

THE CANADIAN PRESS

NHL

Struggling Oilers staying the course

Edmonton Oilers general manager Craig MacTavish told his players that he understands their frustration, is committed to head coach Dallas Eakins and is confident this rebuilding process is on the right track.

One night after his team was shut out for the third straight game at home, MacTavish met with his players on Thursday. His message to them was that there are still positives to take out of the dismal start to the season, and that it's still OK to have some fun.

"I've got my thumb out there feeling the divide in the room," he told the media. "My basic message to them is that it's OK at this particular point to come in (the dressing room) and enjoy yourself. It was important they hear from me how I feel and what I see. The effort is fine, the improvement and coachability is better and I wanted to make sure they knew that."

The Oilers (4-14-2) are last in the Western Conference and 1-8-1 in their last 10 games. THE CANADIAN PRESS

CFL. Ticats' Hage has final chance in Hamilton

He's a multiple all-star, been the recipient of outstanding lineman and Canadian nominations and last year was named the top centre in the Hamilton Tiger-Cats' illustrious CFL history.

But on Sunday, Marwan Hage will experience a career first: Playing in an East Division final. The Ticats face the defending-champion Argonauts in Toronto with the winner advancing to the Grey Cup game in Regina on Nov. 24.

"You just have to cherish the opportunity and give it the best shot you've got every time because it might not come around for another five to 10 years," Hage said Thursday. "I can attest to that."

Hamilton's back in the East Division final for the first time since dropping a 19-3 decision to Winnipeg in 2011. But the six-foot-two, 291-pound Hage didn't play in that game due to injury.

A healthy Hage certainly enhances Hamilton's chances for success Sunday. The 32-year-old centre is responsible for calling the offensive line's blocking assignments. Hage must recognize defensive fronts and quickly figure out how to best neutralize the rush or oncoming blitz packages.



Marwan Hage and the Tiger-Cats will face the Argos in Sunday's East Division final. TORSTAR NEWS SERVICE

That's a challenge most games, but becomes even more difficult when facing a Toronto defence headed by Argos defensive co-ordinator Chris Jones. Jones has a well-earned reputation of being very imaginative in designing blitzes to pressure opposing quarterbacks.

"He's going to switch looks on you; he's going to bring blitzes from a lot of angles and put pressure with a lot of fronts and a lot of looks," Hage said.

"I've faced (Jones) a lot in the past. I study the tapes every time we play him but I have the utmost respect for his defence and some of the crazy stuff you see out there." THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|----|----|----|----|----|----|
| Tampa Bay | 18 | 13 | 5 | 0 | 56 | 43 | 26 |
| Boston | 17 | 11 | 5 | 1 | 48 | 30 | 23 |
| Toronto | 18 | 11 | 6 | 1 | 52 | 42 | 23 |
| Detroit | 19 | 9 | 5 | 5 | 47 | 51 | 23 |
| Montreal | 19 | 9 | 8 | 2 | 49 | 42 | 20 |
| Ottawa | 18 | 7 | 7 | 4 | 53 | 56 | 18 |
| Florida | 19 | 4 | 11 | 4 | 40 | 66 | 12 |
| Buffalo | 20 | 4 | 15 | 1 | 36 | 63 | 9 |

METROPOLITAN DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|--------------|----|----|----|----|----|----|----|
| Pittsburgh | 18 | 11 | 7 | 0 | 51 | 42 | 22 |
| Washington | 19 | 10 | 8 | 1 | 61 | 55 | 21 |
| NY Rangers | 18 | 9 | 9 | 0 | 41 | 49 | 18 |
| Carolina | 18 | 7 | 7 | 4 | 34 | 49 | 18 |
| New Jersey | 18 | 6 | 7 | 5 | 38 | 46 | 17 |
| NY Islanders | 19 | 7 | 9 | 3 | 54 | 61 | 17 |
| Philadelphia | 18 | 7 | 10 | 1 | 33 | 45 | 15 |
| Columbus | 17 | 6 | 10 | 1 | 44 | 50 | 13 |

Thursday's results

Los Angeles at NY Islanders
Columbus at Boston
Anaheim at Tampa Bay
Phoenix at Chicago
Colorado at St. Louis
Dallas at Calgary
San Jose at Vancouver

Wednesday's results

Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1
Dallas 3 Edmonton 0

Friday's games

All times Eastern

Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)

Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|----|---|----|----|----|----|
| Colorado | 17 | 14 | 3 | 0 | 55 | 30 | 28 |
| Chicago | 18 | 12 | 2 | 4 | 66 | 49 | 28 |
| Minnesota | 19 | 11 | 4 | 4 | 50 | 41 | 26 |
| St. Louis | 16 | 11 | 2 | 3 | 54 | 37 | 25 |
| Dallas | 18 | 9 | 7 | 2 | 49 | 52 | 20 |
| Winnipeg | 20 | 9 | 9 | 2 | 53 | 57 | 20 |
| Nashville | 18 | 8 | 8 | 2 | 38 | 57 | 18 |

PACIFIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-------------|----|----|----|----|----|----|----|
| Anaheim | 20 | 15 | 4 | 1 | 68 | 48 | 31 |
| Phoenix | 19 | 13 | 4 | 2 | 63 | 58 | 28 |
| San Jose | 18 | 11 | 2 | 5 | 66 | 43 | 27 |
| Vancouver | 20 | 11 | 7 | 2 | 54 | 54 | 24 |
| Los Angeles | 18 | 11 | 6 | 1 | 52 | 44 | 23 |
| Calgary | 18 | 6 | 9 | 3 | 49 | 64 | 15 |
| Edmonton | 20 | 4 | 14 | 2 | 48 | 78 | 10 |

Note: 2 points for a win, 1 point for overtime loss.

Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

Saturday's games

NY Rangers at Montreal, 7 p.m.
Detroit at NY Islanders, 7 p.m.
Buffalo at Toronto, 7 p.m.
Pittsburgh at New Jersey, 7 p.m.
Carolina at St. Louis, 8 p.m.
Tampa Bay at Phoenix, 8 p.m.
Chicago at Nashville, 8 p.m.
Florida at Colorado, 9 p.m.
Edmonton at Calgary, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

WEEK 11

Thursday's result

Indianapolis at Tennessee

Sunday's games

All times Eastern

Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.

Monday's game

New England at Carolina, 8:40 p.m.

NBA

Thursday's results

Houston at New York
Oklahoma City at Golden State

Wednesday's results

Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
Denver 111 L.A. Lakers 99
Utah 111 New Orleans 105
Sacramento 107 Brooklyn 86
Portland 90 Phoenix 89
L.A. Clippers 111 Oklahoma City 103

Friday's games

All times Eastern

Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20
You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

Taurus

April 21 - May 21
There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

Gemini

May 22 - June 21
You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

Cancer

June 22 - July 23
What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

Leo

July 24 - Aug. 23
The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

Virgo

Aug. 24 - Sept. 23
Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

Libra

Sept. 24 - Oct. 23
Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

Scorpio

Oct. 24 - Nov. 22
Generally speaking you don't try too hard to make yourself look good — as far as you're concerned it's up to other people to impress you — but it will pay you to put on your best face today.

Sagittarius

Nov. 23 - Dec. 21
The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

Capricorn

Dec. 22 - Jan. 20
The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled — are you?

Aquarius

Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

Pisces

Feb. 20 - March 20
Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Training institutes, for short
6. Finishes
10. Actress Ms. Farmiga
14. Sort of shrub
15. Hair remover brand
16. Dedicated
17. "Much ____ amazement..." (We were quite surprised)
18. Like a hooting bird
19. ZZ Top hit
20. Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother": 2 wds.
23. After lunchtime time, e.g.: 2 wds.
24. Beautify
25. Bluegrass musician, ____ Burnett
27. Story, in a house, in French
31. Blue-____ stock
35. Speech stops
36. House: French
37. Nunavut's Road to ____
39. BC city east of Vancouver
40. CBS police drama, "Blue ____"
41. '____' in Vancouver
42. Suffix meaning 'condition of sight'
43. Funnel-shaped
44. Fashionable fabrics

46. Camera company
48. Lohengrin aria: "____ Dream"
52. Vintage kids show on Canadian television set in a castle: 2 wds.
55. ____-a-brac
56. Family suffix in zoology
57. Spouses for Duch-

- esses
59. Shania Twain's "____! ____ Feel Like a Woman!"
60. Actress, Sherilyn ____
61. British singer Ms. Goulding
62. Ms. Swenson of "Benson"
63. Mr. Byrnes of "77

- Sunset Strip", and others
64. Blood vessel implant
Down
1. Nova Scotia hrs.
2. "The Big Bang Theory" star Kaley
3. Many ____ ago...
4. Stew from France

5. Writer's output in Hollywood
6. Biblical grandson
7. Salad dressing from Hollywood legend Paul, ____ Own
8. Hoodwink
9. Pen, in Quebec
10. Legendary fashion designer
11. By any chance

12. Fiendishly 'fixes'
13. Promos
21. Fireplace's glowing remnants
22. Gloom
26. Mined stuff
28. Pronto!
29. Desert in Mongolia
30. Irish singer
31. Cable network
32. Prefix to 'gram' (3D image)
33. Champion's shout!: 2 wds.
34. Ancient maritime power of the Mediterranean
36. Peatland
38. Van Halen guitarist
39. ____ Harbour, Florida
41. Eastern coast of North America explored by Viking seafarer Leif Ericsson
44. Placed grassy rolls
45. Parts on trombones
47. Kitchen cutter
49. ____ Ste. Marie, Ontario
50. ____ bracelet
51. American writer Gertrude
52. Ms. Drescher
53. Diamond ____
54. Cravings
55. Dieter's calculator sort [acronym]
58. Place

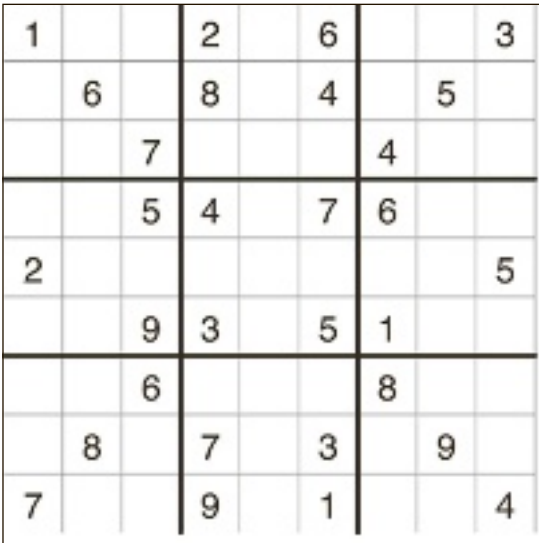
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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A PLACE WE
CAN REALLY
CALL OUR OWN.”

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DESIGN
CENTRE BONUS*

PLUS

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